



Wild Wintering on the Winter Solstice

Oak & Willow Yoga presents a workshop with
Sam Gravestock (The Forest Path)

Join Sam and Sarah for Wild Wintering,
a workshop rooted in nature connection,
somatic presence and
the quiet medicine of the dark months.

*This is a time to soften, to slow down and to remember that
winter is a rite of passage.*



Oak & Willow
YOGA TEACHER TRAINING



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Saturday 20th December - 10am to 1.30pm
& Sunday 21st December - 6pm to 8.30pm

Book on
www.oakandwillow.ie/events

Cost €120

Across languages, the **Solstice** is described as a pause in the heavens.

Solstice is an English word derived from Latin.

In Latin **solstitium** means “the sun stands still.”

In Irish Gaelic (Gaeilge), **Grianstad** means “the stopping of the sun.”

The same word-shape appears across the wider Gaelic family in Scotland ((Gàidhlig) and the Isle of Man (Gaelg), each carrying the old sense of the sun standing still at midwinter.

In Sanskrit the Solstice is **Uttarayana**, the great turning of the sun’s path toward the north, a sacred hinge in the year.

In Persian **Yalda** marks the birth of the returning light.

In Norse **Jól** or Yule honours the rebirth of the sun in the deep dark of winter.

Every culture recognises the stillness and the turning.

A cosmic breath held at the darkest hour.

A moment when the sun pauses.

A moment of stillness before the return of the light.

This is the threshold we will gather at.

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via Zoom



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Sam will guide us in land-based practice.

You will be guided into creating a **sit spot in nature**,
a small place on the land that becomes a
personal sacred site across the turning year.

He will teach us how to map this space, how to understand the directions
and the rise and set of the solstice sun, and how a sit spot can become
a place for **mindful practice, reflection** and where to foster a
deeper connection with the natural world.

Sam will offer prompts that will be put in place in nature
on the morning and evening of the Solstice.

He will weave theory with hands-on experience,
moving between practice and reflection to root the learning in your body.

Wild Wintering invites you to be in, with and as the land,
rather than a visitor passing through, and to honour the seasonal wisdom
that calls you back into purposeful pause, quiet regeneration and inner rooting.



Sarah will lead gentle
somatic movement, lymphatic activation
to prevent winter stagnation,
and a **guided meditation** to explore the internal pause
that winter calls for.

This is a time to recognise where your own life needs to soften,
where you might choose to winter in yourself,
and how rest can become purposeful rather
than something earned through productivity.





Sam Gravestock is a
woodsbum, coffee drinker,
pipe smoker and
self-confessed grouch.

Beneath the humour runs a
deep and steady
devotion to the land.

Sam's work centres on nature
connection, ancestral skills
and the quiet, grounded
presence that comes from a
life spent outdoors. This work
encourages you to move
beyond the green wall,
enabling you to move though
both the wilderness of the
land and your own inner
wilderness



The Forest Path

Teaching from lived
experience rather than theory,
inviting people into a slower,
more attentive relationship
with the natural world.

www.theforestpath.co.uk



Sarah Fox is a
yoga and movement teacher,
clinical herbalist and
animistic practitioner
whose work centres on
embodied presence and deep relationship
with the living world.



She guides people back to the perceiving
body through simple somatic practice,
mindful nature connection and the quiet
attention learned from long vigils
in wild places.



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Sarah's approach is grounded, spacious
and accessible, offering a gentle invitation
to slow down, listen and rediscover ease
within the self and the land.



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