



## *The Quickening*

Join Sam Gravestock (The Forest Path) &  
Sarah Fox (Oak & Willow Yoga)

Join Sam and Sarah for  
the Quickening  
a container rooted in nature connection,  
somatic presence and  
slow emergence.



**Oak & Willow**  
YOGA TEACHER TRAINING



A 28 DAY JOURNEY OF COMMUNITY,  
SHARED THROUGH A  
WHATSAPP CONTAINER.

FEBRUARY  
1ST TO 28TH

Book on  
[www.oakandwillow.ie/events](http://www.oakandwillow.ie/events)

Cost €150



## Sam Gravestock

works with the understanding that nature itself is medicine. A long-time nature guide and facilitator, he has spent years learning directly from the land, seasons, and elements, walking the space between the modern world and the wild.

His work draws on bushcraft, eco-therapy principles, shamanic practice, and deep ecology, with a strong emphasis on practical, lived experience.



*The Forest Path*

Through time outdoors, seasonal awareness, and simple field practices, Sam supports people in rebuilding resilience, restoring balance, and remembering how to live in right relationship with the natural world.



Sarah Fox is a  
yoga and movement teacher,  
clinical herbalist, spiritual celebrant,  
animistic ceremonialist and  
Medial Woman  
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, talking to trees.



**Oak & Willow**  
YOGA TEACHER TRAINING

Sarah's approach is grounded, spacious,  
accessible (and often hilarious),  
offering a gentle invitation to  
listen and rediscover ease

- A 28-day WhatsApp container to support the seasonal shift from stillness into stirring
- Simple prompts and practices shared every second day, allowing time and space to integrate
- Practices that take only a few minutes a day and are easy to weave into everyday life
- Invitations to reconnect with self, nature, and the living rhythms of the land
- A mix of written reflection prompts, voice notes, short videos, and embodied practices
- Including meditation, somatic and movement, nature connection, herbal medicine insights, and nourishment suggestions
- Designed to feel supportive rather than overwhelming, with no pressure to “keep up”
- An experience you can meet at your own pace, in your own way