

Welcome to the WILD THERAPY COMMUNITY 'SCRAPS & MAPS'



SUMMER SOLSTICE 2026



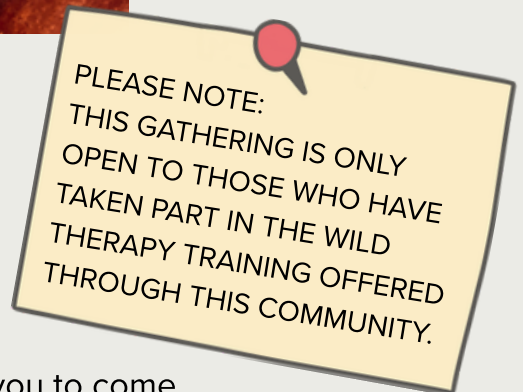
Welcome to the 4th edition of our Wild Therapy creative collation. This e-news circulation is where we share an eclectic mix from our personal wild scrapbooks of creative thought and imagery, map what's going on across the wild therapy community with events and offerings, and bring together anything else that we want to share.

This publication will be downloadable from our new community website and available to anyone that wants to find out more about wild therapy, or to join our community by becoming a trained wild therapist. We hope you find this 'scraps & maps' a great way of keeping connected and in relationship with each other.





**Thursday 24 - Sunday 27
September 2026
at Woodsell Rewilding Project
Stalisfield, East Kent ME13 0JF**



THE WILD GATHERING IS ON!

We have 13 people so far and would love more of you to come.

Woodsell is a fantastic venue with some individual cottages, space for campers and tents, swimming pool, fantastic indoor meeting space, woods, grassland, permaculture garden, views, coast nearby, and most importantly, our Wild Therapy Community.

If you haven't been before, important things to know...

This Gathering is in service of the Wild Therapy Community. We don't make a profit from it and we're not selling anything.

It is an occasion to meet up and connect with others who have experienced the same Wild Therapy training.

We create the gathering between those of us who are there. You can be with yourself as you need to be. You can choose to be involved in as much or as little as you like.

It's a nourishing space with good food which we cook together, good company and the beautiful land of East Kent.

It's not like coming on a course, there's no timetable, no hierarchy and no one is in charge.

Previous groups have agreed that it works better when everyone is there for the whole time, so there is an invitation to put aside the whole weekend to come and be wild together.

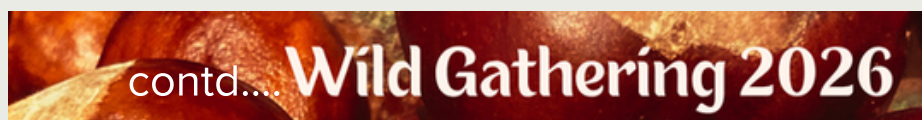
From the 2026 organising team Louise, Fiona, Rachael, Sarah and Cindy

More info on the next page....

If you would like to get involved in our community and volunteer to be part of the organising team for 2027 - please let us know by return of email.

It's great when we can share the tasks around more of us!





Cost ~

It should be no more than £200 per person for all food and accommodation, and will very likely be less.

The costs of the accommodation are fixed so the charge per person will go down the more of us there are, or up if there are fewer. Food costs are estimated.

If it sounds too much but you'd love to come, please get in touch with Sarah.

Sleeping ~

You can either bring your tent or camper, or there are two 1-bedroom cottages (1 double bed in each) and two 2-bedroom cottages (2 double beds in each) of which one cottage is accessible. We will ask for your preferences once you have booked.

Parking ~

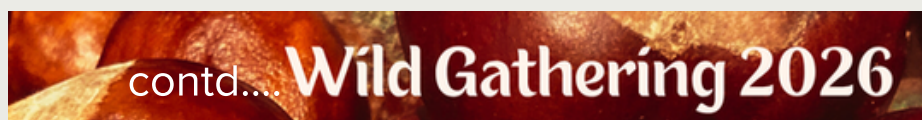
There are separate spaces for camper vans and parking for cars.

Timings ~

You are welcome to arrive from 4pm on Thurs 24th - food will be prepared and ready for about 6pm. We need to leave the venue by 12 noon on Sunday 27th. The rest of the timings in between will be up to us and negotiated as we go along.

Ready to book your place? See details on the next page ~





Booking ~

We need to know that you are coming by the **END OF JULY.**

Secure your place by paying a (non refundable) deposit of £60 via bank transfer to:

Bank: Premier Bank

Account holder name: CINDY RICE

Account number: 20791040

Sort code: 20-25-41

Please use your name as a reference and email Sarah to let her know you have made a payment Sarahlondon64@gmail.com

If you would like more information on the venue the website is here
For questions on any other aspect of the Wild Gathering please email Sarah

We look forward to being with you.





grief

An excerpt from a longer piece shared by Cindy Rice

For the full version please go to Cindy's website



To start with, in the early days, when I am so full of grief and rage, I'm tense and tight, standing there naked, arms raised above me. A strong angry pose, fists clenched in the air, saying 'bring it on you fucker what else are you gonna chuck at me? I can take it all, I am NOT going down so do your worst. I WILL not be beaten.' I can feel the wind, the cold, the rain, on my skin all over my body; the elements feel like they're trying to hurt me and part of me, in my rage, welcomes that.

But now, I've moved on, to where all that wild energy is sucked up by me. I can feel it on every inch of my skin. It gives me joy, you can see it on my face as I am stood on the granite wall and when I turn and look at David it's reflected back at me in his smile. A smile I've not seen on his face for a long, long time.

I am in my body, I am I here the expression of who I am, what I am. What I am feeling is embodied and expressed from within - the presence of my physical being. In every slight movement I am leaving the child behind; the child that knew how to be this way implicitly but was told to 'sit still', 'don't do this, don't do that'. She is now moving naturally; mind and body as one. Every thought, every feeling flows out from within to the very edges of my body where she makes contact and merges with the raw wildness of the moor. In that liminal space, that point of meeting we are one, allowing me to suck in that raw energy and we flow together and I am truly alive.

The past, what's gone on before, cannot be erased; it's more than a memory and it can't be left in the past, it's in me. Everything that's gone on before is absorbed and part of me. It's how it 'becomes' part of me that I have choice over.>



Louise Vera Rice, our youngest daughter, always a force to be reckoned with; such power, such energy and she taught me so much. Parenting her was a privilege but I always felt she deserved better. Much loved, capable, reliable and dependable, not a person anyone expected to die unexpectedly and so suddenly.

The phone call from the police to say she's fallen off her bike, she is in hospital, she's alive but not herself. The nightmare begins; I am calm, my emotional chip has been removed. I am deathly calm - I've gone into logic mode. I pack a few things, get in my vehicle and drive the 3 1/2 hours to the hospital. Underneath that calmness is absolute terror born out of helplessness.

What followed was six days of helplessness before she was clinically dead. I guess we'll never know when she actually died, the date recorded is the date they terminated life support. Those six days were the most traumatic of my life; my child died there was nothing I could do about it, I could not save her. Her blood was clotting. No one knew why, no explanations just hypotheses, multiple strokes. She was a research scientist and blood was her field of study. It's always stuck with me that the part of the body she knew so well was what killed her.

Bit by bit I watched my child slowly die, powerless to prevent it. From the day of that phone call I was stunned, zombified. I guess 'traumatised' is the word, it felt like an altered reality unreal and the world will never be the same again. It was huge; everybody's grief it's huge. I can see now I wasn't really there I was just stumbling through life, eating when I was supposed to but not tasting anything, not hungry. I lost weight but I kept doing the things I was supposed to do. The things I usually did hoping it would help but nothing did except the cold, the cold water. That at least brought temporary relief.

I had to go back to register her death and then again to empty her room and in between I would get back home and run into the sea; the colder the better and the more it hurt the better, the physical pain was easier than the mental anguish. The cold would bring me back into my body, my skin would tingle, sting all over- I love the water always have - the water would hold me carry my pain. Sometimes when the rage would surge through me I would punch the waves, hurl myself at them as they battered me, it was something to push against something to fight. The helplessness in hospital was held inside me there was nothing to fight against back then, but here in the sea wave after wave would keep coming and I would keep fighting them.



The sea temperature dropped and I kept swimming. I kept using Mother Nature to vent my rage upon and she took it all accepted me as I was in my rage. I started to stay in longer and longer getting colder and colder wondering how far I could take it. Always looking after myself though always cautious, while I wanted the pain I didn't want to die. To do it safely I researched how to take care of myself and that's what I did. The more distressed I was the more I needed to go in; the cold became my reset button. The weight loss continued.



My connection with Mother Nature deepened I felt a strong desire to be as close to her as possible. It became an embodied experience and that was best done naked, where I could feel the elements upon my skin. I sought out more remote places to experience and connect with her. The top of moorland tors, quiet little streams or the remote moorland rivers that could either be quiet and gentle or raging from the recent rains, as well as secluded sea coves. I was in the habit of recording these experiences on my phone camera.

There was an acceptance of me and my overwhelming grief and an acceptance of life goes on we live and die that's what life is no matter how unfair and terrible it feels at the moment. My child should not have died first, it should have been me but it wasn't. It was her time and that's just how it is. That coming acceptance no matter how painful was beginning to have the effect that I should make the most of my life. It became more important not to waste one tiny little drop of it because now I was living for myself and for my child, and I wanted to feel all of it. The wild moor seemed to match the way I felt the most. I loved feeling the strength of the solid lichen covered granite under my naked feet and the sensation of the cold wind as it whipped against my exposed skin as I stood high on a tor ecstatically embracing the world.



My connection with Mother Nature deepened I felt a strong desire to be as close to her as possible. It became an embodied experience and that was best done naked, where I could feel the elements upon my skin. I sought out more remote places to experience and connect with her. The top of moorland tors, quiet little streams or the remote moorland rivers that could either be quiet and gentle or raging from the recent rains, as well as secluded sea coves. I was in the habit of recording these experiences on my phone camera.

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As my relationship with Mother Nature has grown as has my joy of life and my capacity for love and connection. The pain of losing my child will never go and there still are some dark moments when I really struggle but I am strong. I am changed; I am more in the moment and more deeply connected to whatever is around me which has moments of good and bad. It is richer it has more depth it has more colour I am now just more alive and I like it. © Cindy Rice 2024





Northwinds wild therapy

Training & Experiences

Year-long Practitioner training 2026 update

welcome to the 2026 training participants!

A small but perfectly formed group threw themselves into the training at Middlewood open heartedly and bravely to every offering and invitation.

Highlights of our time together include how the group managed time in the May residential with 'cuckoo time' the call of the cuckoo signalling when it was time!

Shouting "fuck off" in unison at the edge of the quarry...



from Jo Fowler
& Lindsey
Moses
training
facilitators @
Middlewood
2025-26





Northwinds wild therapy

Training & Experiences

Year-long Practitioner training 2026 update continued...

The nonchalant hares seemed to show up on the thresholds, telling us to fuck off.
Exploring our shadows in the apple and candle labyrinth...
Exploring the parts of each other under the masks.
Finding the wildest, coldest, wettest, mudiest place to stay in Bristol (not Jo and Lindsey who had a cosy BnB)
So much laughter, joy and learning that therapy is playful and fun too.
What a glorious turn of the wheel.
Thanks Middlewood 🐾





Northwinds wild therapy

Training & Experiences



Wild Therapy

'Everything in nature invites us constantly to be what we are'
Gretel Ehrlich

Introductory weekend
11th to 13th Sept 2026
12th to 14th March 2027

Cost: £325 suggested price which includes accommodation and all meals.
Supported and supporter prices also available.

To book or for further details:
lindsey.moses@iname.com
jofowler3@yahoo.com



Wild Therapy

Bringing therapy into the wild and the wild into therapy

Cost: £3'000 suggested price (early bird £2'850 up to 14.02.27)
Prices include: training, accommodation and all meals
Payments can be made in instalments
Supported and supporter prices also available

Residential 1: 6th to 11th May 2027
Residential 2: 16th to 21st Sept 2027
Non-residential weekend in the city: 8th & 9th Jan 2028
Residential 3: 11th to 16th May 2028
All residential at Middlewood, Lancashire

To book or for further details:
jofowler3@yahoo.com
lindsey.moses@iname.com





Southwinds Wild Therapy

Training & Experiences

Hello dear ones!

We are delighted to let you know that after 2 years of work the wild therapy south seems to be growing! We have had 24 people coming through the 3 intro weekends that we have run, and we are confident the one-year practitioners training will go ahead. Which is amazing and a relief!

The land at Freshwinds has really called us to become more aware of the threshold between the wild and the domesticated.

It has grown in importance and substance and, following finding a frog on my doorstep, Milou and I have started to work much more in this territory. This piece I have written and shared below is inspired by our work and the frog, and we hope that there may be many more offerings from this unfolding exploration.

With warmth and wildness Leonie and Milou.



Freshwinds itself is a working regenerative farm; they have planted 2 kilometres of wildlife-friendly hedgerows, added a pond and created 3 acres of 'new' woodland by planting over 1500 native trees. It is a very different feeling to Middlewood, but it is not without its wildness.





Frogs on the Threshold

Do not leap over the bit in-between!



Ah, the threshold where the robin sits, heralding our return—between the village and the forest. This is often a place glanced over, a sniff, a moment, not really noticed. How can such potency be hidden within the folds of this step? All journeys start here, as we head out the door or through the gate. But what if we just stayed a moment? Let ourselves slip into the bit in-between like a frog into water... the underneath... can you smell that rich, fertile ground calling your attention? It's never easy when we dive deep.

Let's follow the frog into this hidden mossy, squelching land of worms and woodlice, beetles and flies. Because there is a lot of shit here.

I have my wellies on.

I feel wary and my breath is shallow as I slip in. Into this dank and unknown place where so much has happened to cause the rift between the domesticated and the wild. This ground doesn't just separate the wild from the tame—it remembers how the wild was tamed in the first place.

It is a place of shaping, where our edges are rounded. Where our wild and messy bits are washed, scrubbed, and put into socks and shoes. The bits that are too loud, too vibrant, too queer, playful, dark or emotional, these glorious differences are made dangerous. This world is a reclamation site—the place where we honour how we have learned to survive. Our performing selves becoming the mask, the interface, that allowed us to live in the land of the not-so-free.

This threshold has ancient roots—ancestral, cellular, and somatic. We wear our shaping like the emperor's clothes, while underneath, we remain naked, trembling, and alive.

It's a whole ecology. A psychic borderland patrolled by inner guards: shame, ridicule, fear of being cast out. Being ostracised in today's world carries the full weight of the internet, we risk our humiliation being writ large on screens across the global...

So don't look away! Immerse yourself in the smell of this fermenting decomposing underworld... it's time to get curious... gloves are off, let's get in!





Frogs on the Threshold contd...



The nausea is here... and yes, there is fear, lots of it. All the fear through my life and generations before. How will I be met in my raw and honest skin? No shiny falsity. The fear creeps from the thought of being othered, being the crazy woman on the edge of the village, teased and ridiculed for speaking to birds and bushes.

There is shame, upon shame, upon shame by the bucket load. Even having dirty fingernails is enough to be frowned upon, never mind moving through the world in a way that is not crisp and washed and contained. Cleanliness is next to godliness apparently, but it's destroying biodiversity, and creating a barren world. A world of straight edges and hard surfaces seems to be the quest. To dance in a puddle and rage against conforming is seen as a madness. What forms of "madness" are actually intelligent responses to a profoundly severed culture?

Perhaps rewilding ourselves requires us to dance with madness in this scrubbed up antiseptic neighbourhood.

"I know you're antiseptic

Your deodorant smells nice

I'd like to get to know you

But you're deep-frozen like the ice" Poly Styrene, Xray specs

There are a lot of frozen places down here in the threshold. It's populated too. Crowded even. There are guards, critics, edge figures, border patrol, teachers, parents, lawmakers and the lovers too. Those overprotective parts that have kept me safe and unseen. Hmm whiffs of school, hints of wet fur, nail brushes and soap.

There are seal skins and fox pelts hidden under rocks and hanging in trees. Discarded shells. Old uniforms. Every threshold leaves something behind. This isn't just a threshold, it's also a changing room, a shapeshifters shoreline, a place where feathers and fangs are disguised, our aliveness can be zipped up, and our howls are silenced.

The land remembers too, where fences were built, and the commons were restricted. Where a single lord knew more than the stories held by barefoot feet, and generations of wisdom was dismissed. As if the village was a threat to the very land it relied upon and to the forest it sang to and the medicine it provided.





Frogs on the Threshold contd...



They ripped our ancestors from the place that made sense,
from where their bones were stitched and their hands knew stone, bark and
flower.

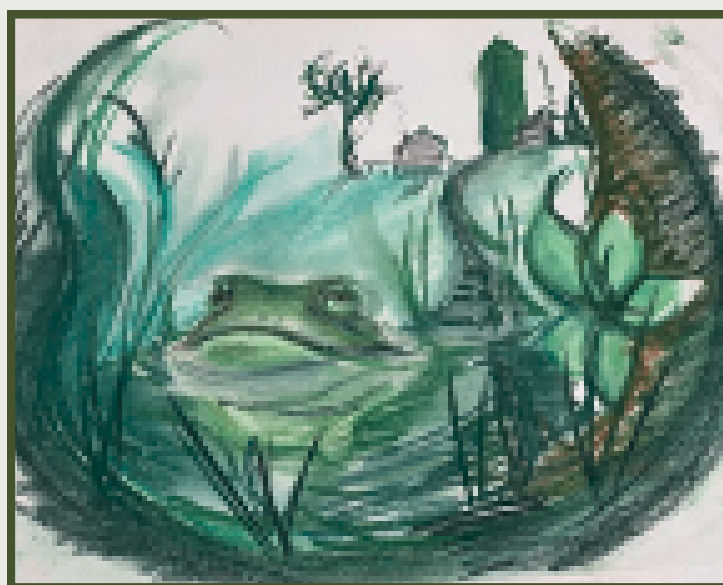
They built roads straight through what once meandered. Said order was progress.
Said stone over root, rule over rhythm.

In this place you can still feel and hear the echoes of that aching, where we
remember our belonging, our yearning to walk and breathe those lost places our
ancestors knew. We can still feel that severance, that chopped umbilical cord to
earth, and as we were colonised, so we were bent and bowed and pushed to
believe this land is not alive and speaking to us, it is just a resource for us to
plunder.

So let us not just step over these thresholds. Let us live in them.

Let us honour this place of unravelling. Let us become undone, mutate, and
remind ourselves how it is to run amok. A place that knows the frog doesn't need
kissing; it is already royalty! Its sensitive skin can taste the world, it can leap and
swim without needing to change, it is waiting on the threshold to show you.

Let time puddle. Let old rules slip off like frog slime. Let the chorus carry us back to
the mud, back to the moss, back to the memory before we forgot how to leap,
wiggle and dance with the land that dreamed us.



Words & pictures contributed by Leonie Guest.

The WT South training is being offered and facilitated by Leonie Guest and Milou Pothast.

For more information contact Leonie at leonieguest@zohomail.eu



Southwinds Wild Therapy

Training & Experiences

Wild Therapy South

Where practice meets land, bone and imagination

For therapists and guides who feel the pull toward land,
weather, listening, imagination, grief, wildness — and
the kind of presence that cannot be learned indoors.

Not a method.

Not a model.

A remembering.

Introductory Weekends

1-3 May • 12-14 June 2026 • East Sussex

One Year Practitioner Training

September 2026 - June 2027

East Sussex, London, Lancashire



Created by

Nick Totton

Facilitated by

Leonie Guest and

Milou Pothast



wildtherapysouth@gmail.com



artwork by Olivia Vowles

We play, we play, we play
There is nothing else in my life
These long summers
It's one long game
In my memory.
We're all children together
And we're a gang.
We play from early morning to late evening.
My childhood stretches from
Dawn to Dusk.

We're our own community
We create our own energy
An impervious boundary of
Fun and games. Laughter.
Nothing comes between us.

And then the summer ends
And we're all over.
And the sun sets
The days shorten.
We lose breath and the game ends.

And there's always the next summer.

words by Andrea Hobbs





NEW WINDS of wild therapy **hybrid training coming online**

Introducing our new accessible hybrid practitioner training from Jayne Johnson.

I am excited to let you know about a NEW hybrid Wild Therapy Training, which has emerged through a process, starting with my personal decision not to do any more Middlewood trainings.

The spark of this idea was born from those ashes, and like a phoenix rising, little by little the threads and ideas came together to combine some of what we've talked about in Wild Therapy for some time now - having a training which is accessible for less able bodied people.

The training also combines online wild therapy with the familiar outdoor aspects, in order to meet the growing number of therapists working through this channel. And to also bring some of the wild therapy community into a training as an attempt to bridge the space between community and trainers.

I'm really clear that this training is not a replacement for either the current South or next year's North Wild Therapy trainings. I believe we need them all! The hybrid training is an option which will hopefully appeal to a different kind of participant and grow our presence in the world.

There will be a series of online Intro days starting this coming November and the training will start in September 2027. Please see the flyers below.

There are still opportunities to connect with this training as a Wild Therapy training assistant. If you've been thinking about this or unsure what it might involve please do get in touch. I'd be happy to have a conversation and it's not too late to join us!

Further information can be found by hovering over the QR code on the flyers or [clicking on this link here.](#)

with love from Jayne

You can contact Jayne to find out more by emailing mail@jaynejohnson.co.uk





WILD EDGES

hybrid training coming online for 2026-27

Wild Edges Hybrid Wild Therapy



Online Introduction Days

Encountering our wild edges through outdoor, indoor and online therapy

With Jayne Johnson
supported by assistants from the
Wild Therapy community

2026 - Nov 7th

2027 - March 13th, May 8th, 10th July

10am to 2pm on zoom



Designed for therapists, practitioners, and helping professionals exploring the edges and movement between outside, inside, and online Wild Therapy.

- These online Introduction Saturdays are a great opportunity to experience the essence of the Hybrid Wild Therapy Training beginning in September 2027.
- Come along to meet Jayne and some of the assisting team, who will share experiences and offer a flavour of Wild Therapy across outdoor, indoor, and online settings.
- The sessions will give you the chance to learn more about the full training and to bring any questions you may have to the team.

Cost: £5 to £20 - pay what you can afford

The Hybrid Wild Therapy Training aims to be relational, embodied, wild, deep, robust and practice-led. It is suitable for people who experience marginalisation and exclusion through disability. Ideal for participants wanting a deep and meaningful training without long periods away from home.

To book contact:
Jayne: mail@jaynejohnson.co.uk
www.wildtherapy.uk

For detailed information for the Intro
Saturdays and the full training please
click the QR code





WILD EDGES

hybrid training coming online for 2027-28

Wild Edges

Hybrid Wild Therapy

Full 10 Months Training

Encountering our wild edges through outdoor, indoor and online therapy

With Jayne Johnson
supported by assistants from the
Wild Therapy community

September 2027 to June 2028

In The Lake District, Durham City and online

This hybrid Wild Therapy journey is designed to be relational, embodied, wild, deep, robust and practice-led.

A total of 18 days combining residential weekends, a non residential weekend, online learning, supervised practice, journalling, and peer support.

Designed for therapists, practitioners, and helping professionals exploring the edges and movement between outside, inside, and online Wild Therapy.

This training offers:

- ✓ Certification in Wild Therapy
- ✓ Complexity-informed relational approaches
- ✓ Reflection and supervision
- ✓ Seasonal and ecological awareness
- ✓ Accessibility and inclusivity
- ✓ Ongoing community connection

Cost: The 3 tier pricing is designed to offer financial accessibility:

✓ Thriving: £2950

✓ Striving: £2250

✓ Surviving: £1500

You will be encouraged to bring curiosity, commitment, creativity, and willingness to practise both independently and collaboratively as you grow into your own Wild Therapist.

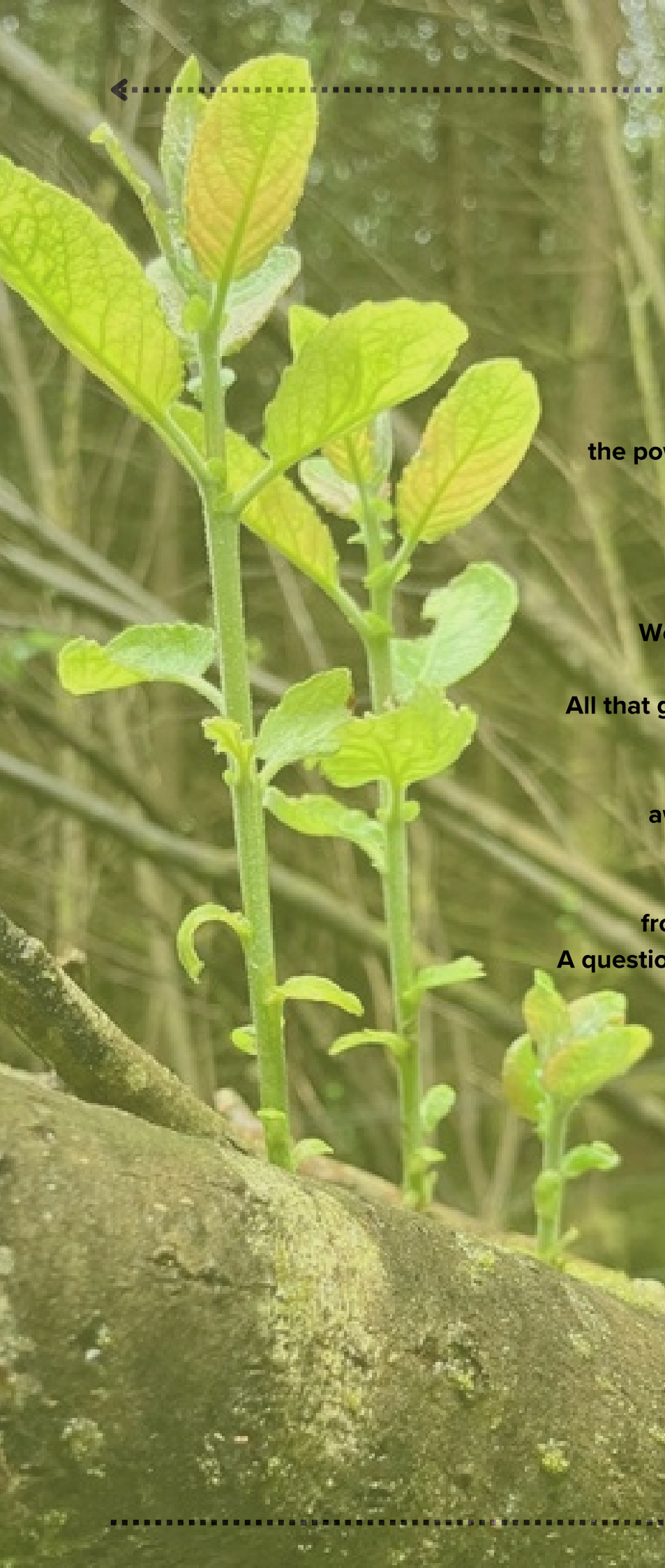
contact details:

Jayne: mail@jaynejohnson.co.uk

www.wildtherapy.uk

For detailed information (including dates, venues and registration process) please click the QR code





Survival

by Lucy Furniss

Survival,
Green lush forests
Clear rushing rivers,
the power to bond us all together,
Never ending need for life.

Accelerating
Scarred eroded land
Wounded and fading species,
Death from consumption,
All that ground ravaged by humans,

Shallow graves,
awaiting the corpse of profit,

Disconnection,
from the web that weaves us,
A question mark hanging over us all.



An offering from Nicole & Jayne....

Bones and Roots is a retreat and deep immersive experience into the birth/death/rebirth process. There will be outdoor Wild Therapy offerings amongst group movement practices, ancestor connections, pair work, ritual, Shamanic practices, great food by Nela, outdoor fires, singing, drumming and support through this life changing process with community.

There are still a few places left. The early bird booking deadline is 21st July so please check out the details on the website.



BONES & ROOTS
A Samhain in-person retreat for those ready to release the old story and become more resilient in a changing world

Fri 23rd to Mon 26th October 2026

With
Jayne Johnson and Nicola Smalley

This retreat is a space to meet that next layer of change. Held at Samhain, as we enter the darker half of the year, it is a time for letting go. A time for ending identities, beliefs, and patterns that have been shaped by the need to survive, whether from this life or inherited through the ancestral line, but that now hold us back from thriving.

at

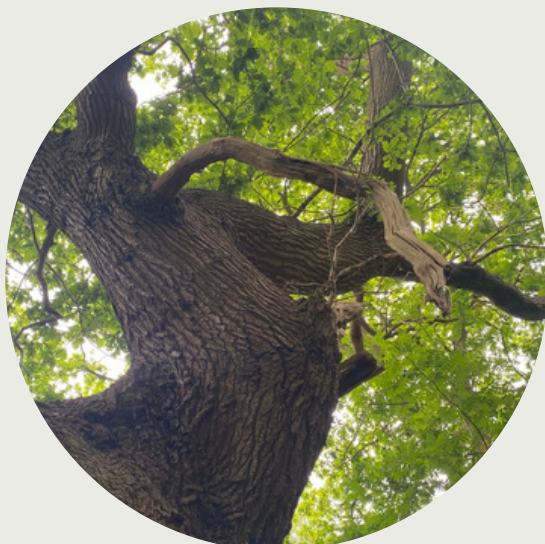
Rookhow, Rusland, nr Ulverston, Cumbria, LA12 8LA

Early bird bookings cost: £575 (until 21st July)
then Full Price £650

Payment instalments available

This retreat includes 3 nights accommodation and 2 meals each day

Book now by clicking the QR code:



We invite you to come and spend time with others in community at Samhain, when the veil is thinnest, and can offer more connection and support from your spirit guides and helpers.

Through a held container which includes:

- Shamanic journeying
- Storytelling
- Exploring outdoors in the woodlands
- Movement & music
- Ritual & ceremony
- Sitting round the fire
- Sharing delicious food



you will be invited to allow another layer of the old story to fall away. To let those aspects of you that need to let go, to die, do just this, so that something new can begin to emerge.

"The old story has to die before the new one can be born"
Charles Eisenstein

This retreat will highlight resilience and adaptability to encourage change and transformation. We will explore finding ways to keep your integrity and wholeness whilst facing the chaos of a changing world.

During this retreat you will:

- Become more rooted and centred in the midst of change, so you can feel secure in your bones and less easily knocked about by the world around you
- Recognise and release old patterns that no longer serve, so you can make decisions that truly support you
- Leave clearer on your path, clearer on your role, and clearer on what you want from life

For more info and to Book





A local northwinds winter offering from Jayne....

“As we sit in sweltering heat I want to turn our attention to the most opposite time of year from now - the Winter. I'll be running Bear Moon Dreaming again for the 7th time in Gainford, County Durham. A day workshop to connect with the Winter Solstice, exploring hibernation through Shamanic journeying, movement, pair work, ritual, and having one last dance with Bear before we snuggle down into our dark caves of old, submerging into the depths and to rest.” Jayne Johnson



Bear Moon Dreaming
Shamanic-movement-ritual-elemental- journeys

Gainford Village Hall
County Durham
DL2 3DY

With Jayne Johnson
Saturday 19th December 2026
10am -5pm
In memory of Claire Humphries

Winter Solstice - Earth Element

The bear is ready to hibernate. She has a final dance in the moonlight and then buries herself deep into the dark cave of the Earth. What is hibernating in you? Where and how does your animal within want to hibernate? What do the dark cave places evoke in you? How can we be closer to the Earth and really honour ourselves in this season of rest?

We'll be exploring connections with nature, movement with music, stillness/meditation/shamanic journeying, artwork, paired experiential exercises, and sharing our experiences as a group.

No previous shamanic or movement experience is needed. This workshop is appropriate for anyone wishing to deepen their connections with their own bodies, with nature, and with shamanic nature-based practices. (if you have physical symptoms or movement limitations these are also welcome and accommodated)

Cost:
£95 or £85 for the early bird discount (before 1st September)
All payments are non-transferable and non-refundable (unless the workshop is cancelled).
(10% of profit will go to a charity of Claire's choice)
Bring a shared lunch.

For more information or to book your place contact: Jayne Johnson
mail@jaynejohnson.co.uk - 07913 656889

About Jayne Johnson:
I have been a facilitator and trainer for Shamanic, Embodied Relational Therapy and Wild Therapy trainings for the last 15 years. I have a passion for self, other, nature, and world connections through all kinds of embodiment practices, non-verbal communication, and especially through dance.





Wild Therapy website

from the Wild Webbers group

Jayne, Milou, Rachael & Andrea

Hi everyone,

If you haven't already seen it, we are celebrating the much awaited birth of our new website. It is now live!

Our wild community gave us the remit for this and we hope we have done you proud. Please be patient whilst we iron out some small details, develop text further, and get all the links working - it is now back in our hands and we are learning how to add and change things at the back end of the site.

Cost:

The total cost of the website was covered from donations received - thank you to all who contributed. There is enough in the kitty to last us for hosting up to January 2027 so this is when we'll need to ask for more donations again.

Listings:

If you are wild therapy practitioner and you don't already have a listing on the website please do consider adding your details to our practitioner listing map.

To become listed, please send a donation between £5 and £25

If you already have a listing which needs amending, you will need to complete a new form.

For all practitioner web listings please contact Rachael Sharrad.

rachaelsharrad@gmail.com



Please also remember that payment contributions towards the development & upkeep cost of the website are no longer paid to Nela Geuer, but Rachael Sharrad. If you have a standing order set up, please change. You can contact Rachael for her bank details at rachaelsharrad@gmail.com Thank you.





Your own website links:

If you have a link to the old website on your webpage please can you amend it to the new one now so we can spread the word far and wide.

'Experience' page admin to publicise your wild therapy practitioner events
email Milou: miloupothasttherapy@gmail.com

Wild writings and newsletters:

We welcome any content such as writings, poems, pieces - wild therapy related - for the writings page.

Please email Milou with these: miloupothasttherapy@gmail.com

Going forward:

We have some ideas for adding more content on the website - for example on the Become a Wild Therapist page we want to say more about honouring the land at Middlewood, Freshwinds and Rookhow. We also want to include more about the history and the lineage of the training. If you'd like to add your input to this and any other ideas you might have they are very welcome! Let us know.

New energy and ideas are already coming through as our outward facing representation of wild therapy is now out in the world! We are relieved and celebrating!

Best Wild Love from Andrea, Milou, Rachael & Jayne





BODY, BREATH AND ENERGY

A residential course in Reichian bodywork
led by Kate Ellis with Sian Jones



Unstone Grange, Chesterfield, Derbyshire

(www.unstonegrange.co.uk)

October 12th-18th 2026

Reichian bodywork uses breathing, body awareness, and connection with others to support release and change. At its heart is a simple but challenging question: can we keep breathing openly while staying connected to someone else? When we try, we notice how our bodies tighten or hold themselves in certain ways. These patterns of holding develop over time to manage difficult feelings fear, need, grief or anger. By gently loosening these patterns through movement, sound and expression, we can create more room in ourselves for pleasure, love and creativity.

This training introduces a clear and simple way of exploring these bodily patterns. Most of the work is done in pairs, within a basic structure that allows many different experiences to arise. These can include strong physical sensations, emotional contact with another person, and moments that feel deeply meaningful or reflective. Working in this way helps us meet and shift long-standing habits of resistance and avoidance.

The basic form of the work is straightforward: one person lies down, while the other sits or kneels beside them, offering support and encouragement to stay present with the breath and with the relationship between them. We will learn different ways of to deepen and guide the process, and take time to reflect on what has been experienced and how it might be taken forward.

Hi Everyone

I'm very excited to share this short training with you in October this year. I've been teaching this alongside Nick Totton for a few years now and this year I shall be leading with Sian Jones at my side. It's very deep work and transformational without all the 'techniques' involved in many breath work trainings. It amplifies the relational which, I think, sets it apart from most approaches.

Kate x

Kate Ellis Bodypsychotherapy and
Yoga
www.kateellis yoga.co.uk

Here's a recent testimonial

"Breath. Body. Energy. The instruction was simple: stay with your breath, stay with your body, stay with your energy. When I first heard this, I thought there must be more to it - but it turned out to be an amazing and powerful week. It felt like I did three years of therapy in seven days. While the process left me feeling shaken, it was far beyond my ordinary experience and something I will definitely do again. I felt held by a group and by brave facilitators who weren't afraid to allow whatever wild emotions arose. It was a profound, deeply felt and life changing process"



Kate Ellis

I trained in Thai massage and yoga in the late 90's and have been teaching yoga and bodywork for 25 years. 15 years ago as a means to integrate my experience I gravitated towards Embodied Relational Therapy (ERT) and the work of Nick Totton. I now have a private practice in Body Psychotherapy and have been teaching Body, Breath and Energy alongside Nick Totton since 2019. www.kateellis yoga.co.uk



Sian Jones

I am trained as a humanistic therapist, working both in private practice and in a low-cost therapy practice. This follows over 12 years working as a Social Worker, including roles within the NHS. In 2012 I qualified as a yoga teacher, and have taught yoga to both adults and children. I have also worked for a women's charity, co-facilitating groups focusing on maternal mental health. I think of my therapeutic approach as relational and embodied, with the foundation of my work coming from my experiences of body, breath and energy. sianjonestherapy.co.uk

Course fee £1300

£400 deposit payable in advance - returnable if we can fill your slot

The course fee covers all food, and accommodation in individual rooms.

£300 reduction is available for people sharing a room, camping, or not staying at Unstone - please enquire.

Open to therapists, yoga teachers and body workers. If you haven't worked with us before, please contact us for a chat before booking.

The course concludes with a certificate of successful completion.

Contact kateellisbodypsychotherapy@gmail.com





Wild Therapy Groups & Meet-ups

Seeds and Weeds – online general get-together for wild therapy practitioners – open to everyone who has taken part in the training.

Next Seeds & weeds meet-up dates - all timings are BST UK time on zoom.

Hosted by Lucy – Monday 13th July 16:30-18:00

Please email to wildtherapyuk@gmail.com for details and how to join in.

Want to take a turn at hosting?

As long as you have a zoom account and can send out an invitation, you're welcome!

Wild Therapy Peer Supervision for practising wild therapists

For more information please email

contact@lucyfurniss.co.uk or miloupothasttherapy@gmail.com

Editorial and contributions

Andrea Hobbs is currently weaving the threads of this collation & circulation and is very happy for more collaboration and help, including design, technical aspects, content collation, & feedback

Inspired or challenged by something you see?

Send me something of your own!

Next Winter Solstice edition deadline 30th November 2026

The newsletter will hopefully be downloadable from the new website and available for a wider audience with the aim of growing our community, so please contribute anything that fits with this wider network.

Please email Andrea at support@andreaahobbs.co.uk

Anything goes so don't be shy!

If you are sending text or want us to include some blurb about your event or happening, a Word doc is best for flexible editing.

If you are sending pictures, drawings, or photos, PNG or JPEG are fine.

If you would like us to include your flyer, please do so - word docs, PNGs, and JPEGs please.

**We may have to edit down your contributions!

Thanks to all our solstice newsletter contributors

~cover photos courtesy of Andrea Hobbs

