

HELLO FROM ROSIE & CAROLINE

I turn to nature to be soothed,
healed and reassured.

I Dreamt I Danced
With a Tree.

Now I am a woman longing to be a
tree, planted in a moist, dark earth
Between sunrise and sunset
To sky, to earth, to sun, to moon
To one whole voice that is you.
That you can't see, you can't hear:
Can't know except in moments
Steadily growing and in languages
That aren't always sound but other
Circles in motion
Like a Kite that Sunday Morning
Circling in a blue sky
In wind, you swept our hearts clean
With sacred wings
We see you, see ourselves and know
That we must take the utmost care
And kindness to all things.
Breathe in, knowing we are made of
All this, and breathe out, knowing
We are truly blessed because we
Were born, and die soon within a
True circle of motion,
Like the Kite rounding out the
morning
Inside us.
We pray that it will be done
In beauty.
In beauty.



Wild Ivy News ...

REWILDING REVOLUTIONARIES!

Thank you to all who came to our Hedgerow Vitality Retreat on the 22nd August. Each minute of the day flew by filled to the brim with all that our surrounding nature had to offer us. There was something infinitely healing in the repeated refrains of nature, whose messages assured us that dawn comes after night, and spring after winter. We walked in silence, listening to the rustling of trees, drank cacao and gathered our food - feeling the earth between our hands. Lunch was a celebration shared together, with all contributing to the veggie feast.

In the garden... We have found a wild patch of lemon balm in the 'wild' grass. The wild seeds from our intention cards we planted together are already growing! Your intentions are in motion.. Also abundant crab apples, plums, pears and apples in the orchard.

In the kitchen ... We will be harvesting the roses to make rose syrup and rose harissa. Making crab apple jelly and bliss balls using nettle and plantain seeds. Jams, cordials from plums, damson cheese and sprinkling the blooms of edible flowers on salads and soups. Follow [Caroline Marson](#) for more vegan recipes.

In nature ... Blackberries are ripening along with elderberries, hawthorn berries and rosehips. Sloes are appearing on Blackthorn bushes. Plantain seeds, Rowan berries, hazelnuts, damson. Wild spearmint, Jack by the hedge and dandelion root for making roasted dandelion coffee.

Nature's Gathering 3rd October 2021

A day dedicated to you. Hand picked nutritious vegan food, foraging and hedgerow gathering, Guided Meditation, Nature Bathing, Wild Cooking, Fire Making, and connecting back to the natural order of nature.

As the warmth of the longer summer days gives way to the new flow of Autumnal cycles, expect magic, fun and wonder at our next Nature's Gathering retreat. Join us around the fire pit as we sip warm spiced cider to connect back to nature and ourselves. We design each retreat day differently according to the seasons. This month we gather in the berries, nuts and mushrooms as the creatures do to sustain them for the coming colder months.

Fire is an innately human element, being around its strength and power offers us protection and cooking ability. We will be listening and learning from one another with story telling that will fuel our day of home cooked food, meditation, foraging and mindful making.

The full day of varied nature activities will allow you time for clarity and to step back into your everyday life on Monday morning with a positivity for life and a refreshed appreciation and wonder for nature. Looking forward to another magic day!

Love Rosie & Caroline xx

Tickets for Nature's Gathering Retreat



Rosie & Caroline Recommend

OUR SEASONAL THOUGHTS OF WHAT WE LOVE TO EAT, DO, READ AND FOLLOW AT WILD IVY RETREATS

What to Eat!

Who doesn't love Sloe Gin? Best to pick the sloes after the first frost. But a good tip is to pick them now and put them in the freezer which replicates the frost. Quick recipe for Sloe Gin. Make a sugar syrup Put sloes in a clean glass bottle cover with sugar. Shake it every week. Should be ready in 8 weeks. Don't throw out the sloes. Cover them in dark chocolate for a really boozy treat!

Mindful Moment! Protecting and clearing your energy.

This month try and incorporate this water practice into your daily routine, and take note of how it affects your energy and body. At the end of the day to settle your mind and body take a bath or even a quick shower. Water holds such incredible cleansing properties but also has the ability of holding energy.

Stand or lie in water. Imagine a white light shining over you. As the water pours over your body, picture this light getting stronger... brighter. Allowing this light to be the centre of your focus. Hold yourself in this space for as long as you need. This practice can be 3 minutes or 20 minutes. But take however long your mind and body needs! Follow Rosie for [Guided Meditations](#).

What to Read!

The Simple Things and Oh Magazine

Rewild Your Life, 52 ways to reconnect with nature - Sarah Strling

The Foragers Calendar - John Wright
(Please support [local book shops](#))

Who to Follow!

We love [@wildwomenteaclub](#) women's tea created to help aid you in pregnancy, period's, anxiety, menopause. We love the female empowerment..



Silence isn't
empty it's full
of answers...





wild ivy
retreats

Nourishing with Nature

natures gathering

Day Retreat
Sunday 3rd October