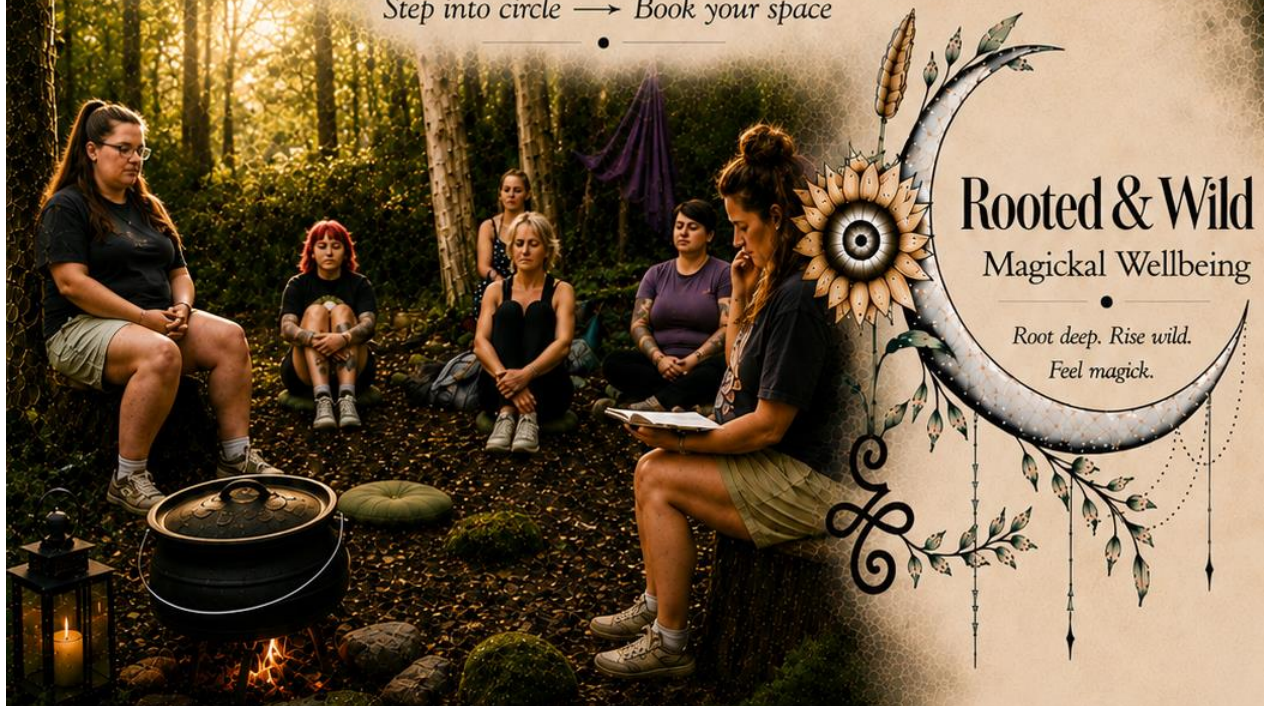


September Wellbeing Timetable

Step into circle → Book your space



Rooted & Wild Magickal Wellbeing

Root deep. Rise wild.
Feel magick.



MOON DAYS

- Friday 11th, 7:30pm
New Moon Shadow Work & Reiki £20.50
- Monday 28th, 7pm
Full Moon Women's Retreat
to the Woods, Ilkley £35.50



WEDNESDAYS – EARTH MAGICK COVEN

Contact me to
express interest.



SUNDAYS – DRUIDIC WELLBEING

- Sunday 13th, 10am
Magick & Meditation, Rooted & Wild
Woodland Circle, Ilkley £15.50
- Sunday 13th, 1pm
Druid's Apothecary £35.00



TUESDAYS – WOMEN'S CIRCLES

- Rooted & Wild: Elemental
Women's Circle.
Elemental 5 week pass £42
SAVE £10
- Theme for the season –
Letting Go, Gratitude, &
Harvesting Wisdom.
- Tuesdays, 7:30–9pm
PAYG £10.50



THURSDAYS – ANCIENT HEALING

Ancient Healing Pass £37
SAVE £10

- Thursday 3rd, 7:30pm
Folktales & Flames – Cerdwen £10.50
- Thursday 10th, 7:30pm
Meditation & Breathwork for Release £10.50
- Thursday 17th, 7:30pm
Nature Sound Bath £10.50
- Thursday 24th, 7:30pm
Violet Flame Healing Circle (Reiki) £15.50



SABBATS & CELEBRATIONS

- Saturday 12th, TBC
Rooted & Wild Moot (Social)
- Sunday 13th & Monday 14th, 7:30pm
Empathy in Action Course £45
- Sunday 20th, 1–4pm
Mabon Celebration in the Woods
(with Balance & Feral Self-care), Ilkley £45

PRIVATE SESSIONS

Baildon or Woods in Ilkley
£40–50 for 1hr30



www.rootedandwildwellbeing.com



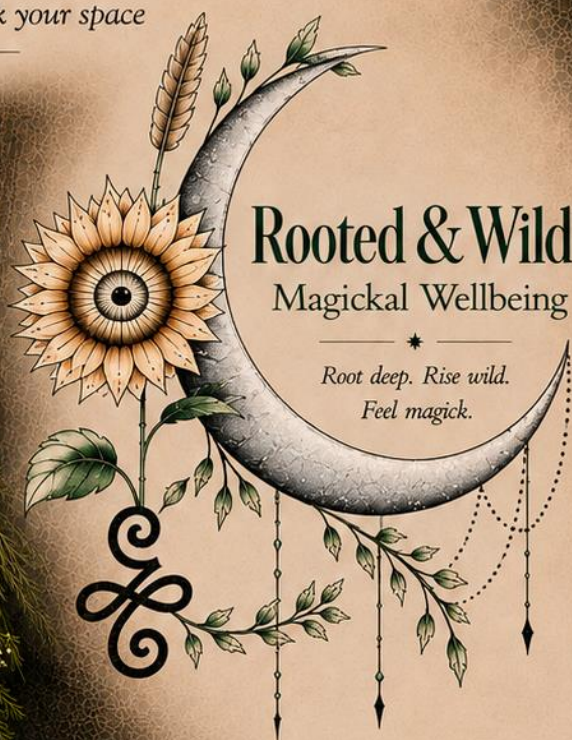
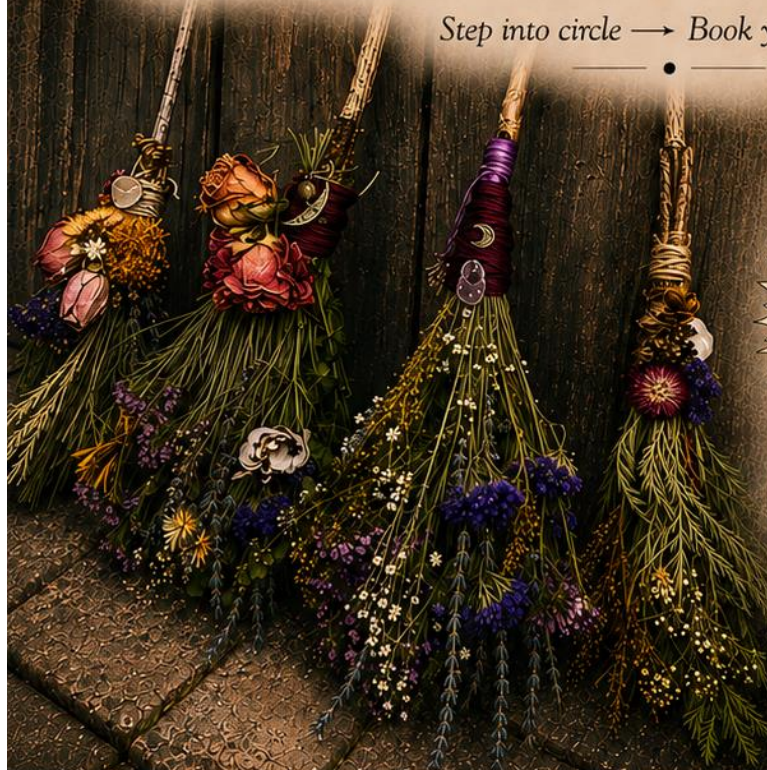
WhatsApp 07949478867



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October Wellbeing Timetable

Step into circle → Book your space



MOON PASS

£40

SAVE £6

- Friday 9th, 7:30pm
New Moon Shadow Work & Reiki £20.50
- Sunday 25th, 7:30pm
Full Moon Women's Circle £25.50



WEDNESDAYS - EARTH MAGICK COVEN

Contact me to
express interest.



SUNDAYS - DRUIDIC WELLBEING

- Sunday 11th, 7pm
Feral Self-Care for Hagitude, Ilkley £30.50
- Sunday 25th, 10am
Retreat to the Woods, Ilkley £30.50



TUESDAYS - WOMEN'S CIRCLES

Rooted & Wild: Elemental
Women's Circle
Elemental 5 week pass
Theme for the season;
Moonlit Wisdom -
Intuition, Dreams & Deep rest.

£42

SAVE £10

- Tuesdays, 7:30-9pm
PAYG £10.50



THURSDAYS - ANCIENT HEALING

Ancient Healing Pass

£37

SAVE £10

- Thursday 1st, 7:30pm
Folktales & Flames - Cerdwen £10.50
- Thursday 8th, 7:30pm
Meditation & Breathwork for Release £10.50
- Thursday 15th, 7:30pm
Shamanic Sound Bath £10.50
- Thursday 22nd, 7:30pm
Violet Flame Healing Circle (Reiki) £15.50



SABBATS & CELEBRATIONS

- Friday 16th, 7pm
Rooted & Wild Moot (Social)
- Friday 30th, 7pm
Samhain Ancestral Circle £25.50
- Saturday 31st, 1-4pm
Broomsticks Crafting Workshop £35.50

PRIVATE SESSIONS

Baildon or Woods in Ilkley
£40-50 for 1hr30



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What do we offer at Rooted & Wild: Magickal Wellbeing...

Here we are a safe space for anyone wanting to focus on their wellbeing, want to re-engage with nature, or perhaps want to explore their inner Nature Witch! Whatever path you are on, you are welcome to Rooted & Wild.

Where science and Magick come together in nature, to transform your wellbeing.

Moon Days

- **Full Moon Women's Circles** – Meditation, Crafting, Releasing Rituals, Re-balancing, Moon bathing, sharing of food & lots of laughter!
- **New Moon Women's Circle** – Meditation, Shadow Work, Sound healing, Intention setting & Reiki.

Wild Witch Women's Circles – Nature's Path

- **Every Tuesday, 7:30-9pm.** Working with a different element each week, we combine, meditation, folklore, crafting, and manifestation, mixed with friendship, to explore the old ways, and better our well-being. Autumn theme is Letting go, Gratitude, & Harvesting Wisdom. PAYG or Block Book all 5 elements, and save!

Earth Magick Covens

- **Alternate Wednesdays, 7:30-9pm (ish).** Closed Circle where we explore in more depth different aspect of Earth Magick and Nature's wisdom, and encourage Coven members to develop their own particular area of interest or magickal connection, and build up your grimoire! For the good of all.

Ancient Healing

- **Folktales & Flames.** First Thursday of each month 7:30pm – Curl up around the fire with Cocoa, Marshmallows, Blankets and Incense to enjoy learning about different characters from Folklore, and listening to stories from the past, combined with sound healing and meditation.
- **Meditation & Breathwork for Release.** Second Thursday of each month 7:30pm – Release what no longer serves you and rebalance your energy; through meditation, and a personal exploration of drum sounds and chanting (no expectations, do what feels right for you!).
- **Nature Sound Bath (Spring & Summer) / Shamanic Sound Bath (Autumn & Winter).** Third Thursday of each month 7:30pm – Enjoy the healing energies of various instruments, from Crystal bowls to the Cello, Drums to Faery-bells. In the warmer months we incorporate the sounds of the birds and natural world around us as we connect to the natural energies to which we belong. In the colder months, curl up around the fire, and gaze into the smoke as we take a Shamanic journey & Cacao ceremony.
- **Violet Flame Healing Circle.** Fourth Thursday of each month 7:30pm – Enjoy a mutual healing circle where we use the power of Reiki, Visualisation, Journalling, Movement & Intent for each other to rebalance the Physical, Mental, Emotional and Spiritual Energy planes.

Druidic Wellbeing

- **Druid's Apothecary.** First Sunday of Alternate months, 1pm – Learn what grows in your garden at the time of year, and what isn't a "weed" but has medicinal & magickal properties. Create your own healing potions, foods, and basic foraging principles.
- **Get your Witch on! – Social Moot.** First Sunday of Alternate months, Ilkley, Baildon or on location, 7:30pm – Don your hat and grab your broom, and join me for a social at HQ or in the woods – films, food, games, dancing round the campfire and lots and lots of laughter!
- **Rooted Women Woodland Circle.** Second Sunday of each month, Ilkley, 10am – Join me in the woods for forest bathing, crafting & natural spellwork, and a journey through the Faery realms with an interactive folktale.
- **Rooted & Wild Workshops.** Third Sunday of each month, Ilkley or Baildon, 1pm – These include; Introduction to Wild Witchcraft, Goddess Workshop, Feral Self-Care, Empath Protection Course, Crafting Workshops and more!
- **Rooted Women Retreat to the Woods.** Fourth Sunday of the month, Ilkley – A mindful and foraging walk into the woods, to experience Forest Bathing, Sound Healing, Folktales or Crafting, Reiki, Nature engagement and sharing of food.

Sabbats & Celebrations

Celebrate the turning of the wheel and the changing of the seasons with us, in ways which honour the old Celtic traditions.

Private sessions

We offer any combination of the above; Reiki, Sound healing, Meditation, Nature connection, Magick, Crafting, Feral self-care, Energy balancing, Cleansing, Nature Journalling, and much more, as part of a bespoke package of self-care, tailored just for you. Come for just one session, or block book and save as we continue to build on, and work deeper with, your needs.

Ad hoc Community Gatherings

- Faery Dippers
- Road Trips
- Small Group Rooted Women Woodlands Circles
- Druid's Choice