

Wild Therapy

One Year Practitioner Training 2026-27

A rhythm re-membered.

We move with the breath of weather and the heartbeat of Earth.
We meet in forests, fields, cities, by firelight and water— listening with our bodies,
sharing silence, following grief, laughter, and imagination where they lead.

As we walk together, something old begins to stir.

A remembering that was never truly lost.

A voice—wind-worn and soil-rich—calling you back into connection.

You may not know why you're drawn to this yet. You don't need to.

But if something in you leans in when you hear the word 'wild'—
this may be your path.

You may begin to trace your own way back—
through presence, through practice, through relationship.

What happens here lingers.

Like smoke. Like song. Like soil beneath your fingernails.

This training includes five weekend gatherings at Freshwinds, near Hastings,
two days in London and a five day deepening residential
in Middlewood in Lancashire.



Created by Nick Totton

Facilitated by
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for dates & more info



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