



TO BE CONSCIOUSNESS PRESENTS

Rooted

*A 10-day somatic immersion through
sound, presence, and land*

SENEGAL FEBRUARY 2027 10 PARTICIPANTS

What If Depth Didn't Require Force?

This is not a healing bootcamp. It is not a spiritual initiation. It is not a performance of culture, ritual, or awakening. It is an immersion in presence — guided by your nervous system, held by sound, and grounded in the land where it all began.

Rooted is a 10-day intimate retreat on the coast of Senegal, designed for people who want to go deeper without bypassing the body. Through somatic regulation, sound, and unhurried contact with the natural environment, participants are guided through a carefully paced arc that expands the nervous system's capacity to hold intensity, dissolve unconscious loops, and meet the world with sovereign presence.

The retreat is intentionally limited to 10 participants. This is not a scalable event. It is a container — small enough that every person is individually held, slow enough that the nervous system never has to perform, and grounded enough that whatever arises can be met without overwhelm.

"You are allowed to arrive slowly. Your body sets the pace."

THIS RETREAT IS

Embodied. Slow. Relational. Somatic. Grounding. Guided by listening and felt sense. A space where presence is the practice and the body is the compass.

THIS RETREAT IS NOT

A shamanic spectacle. A healing bootcamp. A spiritual initiation. A performance of African or ancestral spirituality. No one is promised visions. No one is required to believe anything.

Everyone is promised presence, grounding, safety, and respectful contact with self and place.

Four Pillars of the Immersion

The retreat weaves together four interconnected threads. Each one is held lightly — responsive to the group's pace, never forced, always grounded in the body first.

1. SOMATIC REGULATION

Nervous-system regulation forms the foundation of every day. Grounding and orienting practices, sound journeys for regulation and awareness, and spacious integration time ensure the body remains the compass throughout.

2. SOUND AS A BRIDGE

Voice, rhythm, and silence are used to anchor awareness in the body. Sound is the primary vehicle for regulation — it supports presence without inducing altered states. It says: "You don't need to go anywhere."

3. RELATIONAL PRESENCE WITH THE LAND

Time in nature. Listening practices. Non-verbal awareness. The land is approached as alive — without forcing meaning, narrative, or extraction. Sensing place without interpretation.

4. SUBTLE AWARENESS (HELD LIGHTLY)

Personal felt sense of belonging. Collective memory as atmosphere, not identity. Any sense of ancestry or spirit is allowed to emerge naturally — or not at all. Both are equally valid.

CORE VALUES (NON-NEGOTIABLE)

Embodiment before interpretation. Permission before practice — from body, land, and nervous system. Nervous-system safety before spiritual intensity. No spiritual tourism. No extraction of culture, ritual, or land. Sound as a regulating and relational bridge. Spirit as presence, not spectacle.

"This retreat does not take. It meets, listens, and respects."

Four Phases Over Ten Days

The retreat unfolds through four carefully paced phases. Each phase builds on the last, guided by the nervous system's readiness — not a pre-scripted timeline.

PHASE	DAYS	THEME	WHAT HAPPENS
A	1 - 3	The Baseline	Arrival, landing, nervous-system orientation. Establishing safety in the body, the group, and the environment. Building state flexibility and the capacity to stay present without effort.
B	4 - 5	Expanding Capacity	Deepening the relationship with sound. Expanding the window of tolerance. Meeting the land as a relational presence. First round of individual sound sessions.
C	6 - 7	Sovereign Presence	Deep silence and solo time. Dissolving identity loops. Allowing subtle perception to arise naturally. Reiki integration and closing sound sessions.
D	8 - 10	The Return	Anchoring expanded capacity into daily life. Naming personal signals of regulation. Closing the container with the land. Clean departure.



The detailed day-by-day programme will be shared with confirmed participants before the retreat. Each day is carefully designed around the body's readiness — not a fixed schedule. What follows is a sense of the daily rhythm.

A Day at Rooted

Every day follows a similar rhythm — slow mornings, guided practice, spacious integration, and grounded evenings. The pace is deliberately unhurried. Nothing is rushed. Nothing is forced.

While each day carries its own theme within the four-phase arc, the underlying structure remains consistent, giving the nervous system a reliable container to settle into. Below is a representative day from the middle of the retreat, when the work deepens and individual sessions are woven in.

TIME	ACTIVITY	DESCRIPTION
08:00 - 09:30	Breakfast	A slow, nourishing morning meal. Silence is welcomed but not enforced.
10:00 - 12:00	Morning Practice	Group somatic session — this may include sound work, embodiment practices, or environmental somatics depending on the phase. Always grounded in the body first.
12:00 - 13:00	Spaciousness & Rest	Unstructured time for the nervous system to process. No agenda, no expectation.
13:00 - 14:30	Lunch	Nourishing midday meal with locally sourced food.
14:30 - 16:30	Afternoon Session	Individual 1:1 sessions (Sound or Reiki) for those scheduled, or guided land practices, solo time, or gentle movement for the rest of the group.
16:30 - 18:30	Integration Time	Personal time for rest, journaling, walking, or simply being. The ocean is always close.
18:30 - 20:00	Dinner	Evening meal together. A space for quiet connection.
20:00 - 21:00	Evening Anchor	A brief closing practice or framing to settle the nervous system before sleep. Never more than 15–20 minutes.

"Nothing needs to happen for this to be working."

Some days will include more structured practice. Others will hold more silence and space. The retreat is shaped by listening — not by a fixed itinerary. Arrival days are lighter. Deeper days are slower. The final days focus on integration and clean closure.



I:I Sessions Woven Into the Arc

Every participant receives three individual sessions — two Sound and one Reiki — carefully placed within the retreat arc to support regulation and integration at the moments they matter most.

SESSION	WHEN	PURPOSE
Sound Session #1	Phase B	Regulation and anchoring. Delivered after the group sound work, when the nervous system is stable and resourced. Deepens the individual's relationship with sound as a regulating tool.
Reiki Session	Phase B / C	Integration after land contact. Placed after the first direct encounter with the environment, this session supports the body in processing whatever arose during the land practices.
Sound Session #2	Phase C	Integration and closure. Delivered at the awareness threshold — the deepest point of the retreat — this session helps consolidate the experience and begin the return process.

What Is Included

- ✓ **10 nights accommodation** at Villa Yemaya, Ngaparou
- ✓ **13 guided group sessions** across the 10-day arc
- ✓ **1 individual Reiki session** for integration
- ✓ **Environmental somatics** — guided land practices
- ✓ **All meals** — nourishing, locally sourced food
- ✓ **2 individual Sound sessions** for regulation and closure
- ✓ **Daily somatic movement** and embodiment practices
- ✓ **Take-home anchors** — sound, orienting, and rest tools

Who This Retreat Is For

This retreat is for people who are curious about the connection between body, land, and subtle awareness. People who have experience in somatic work, yoga, or holistic practices. People who want to explore depth without escapism, who want to stay present with sensation, slowness, and not-knowing, and who are not seeking spectacle, quick transformation, or validation.

Prerequisite: A baseline capacity for self-regulation and embodied presence. This retreat is an intimate container, not a casual or touristic one.

Villa Yemaya, Ngaparou

A modern, intimate villa surrounded by lush tropical gardens, steps from the quietest stretch of Ngaparou beach on Senegal's Petite Côte. The space has been chosen for its capacity to hold stillness — not for spectacle.

Villa Yemaya sits in a residential neighbourhood, sheltered by palm trees and birdsong, with the sound of the ocean as a constant backdrop. The property includes a central pool, outdoor lounge areas, a dining space for shared meals, and dedicated practice space for group sessions. Everything is within walking distance — the land, the sea, and the container.



Less than one minute from the beach · Private pool and garden · Outdoor lounge and bar area · On-site meals with local ingredients · 40 minutes from the airport

Your Accommodation

Participants are hosted in the main villa, a modern and intimate space surrounded by tropical gardens, with the ocean a short walk away. Every room includes a private bathroom, air conditioning, and a double bed. The retreat experience is identical for all — only the room differs.



PREMIUM PRIVATE ROOM

Upstairs with a private terrace overlooking the pool and garden. The most spacious rooms in the villa, filled with natural light and with a generous private bathroom. Your own space for the full 10 nights.

2 rooms available · Private terrace · Pool view



STANDARD PRIVATE ROOM

Beautifully decorated private rooms located at garden level and upstairs. Each with a double bed, private bathroom, and air conditioning. Comfortable, clean, and grounded.

3 rooms available · Private occupancy

Shared rooms with double beds are also available for those who prefer a lower price point. Shared rooms are allocated during the application process based on preference and availability.

Room allocation is based on your chosen tier and confirmed on a first-come, first-served basis. You will be asked to indicate your room preference during the application process. All rooms are designed for rest — simple, clean, and grounded. The facilitation team is housed separately in the villa's independent bungalow suite, ensuring participants have full privacy in the main house.

"The space holds you so that you can hold yourself."

Pricing & Payment

The retreat is priced to reflect the intimacy of the container, the depth of individual support, and the full cost of 10 days of accommodation, meals, and facilitation on the coast of Senegal.

PREMIUM PRIVATE

\$3,000

per person · all-inclusive

Superior Room with private terrace and pool view. The most spacious rooms in the villa. Your own space for the full 10 nights.

STANDARD PRIVATE

\$2,700

per person · all-inclusive

Private room with double bed, bathroom, and air conditioning. Comfortable, clean, and grounded. Your own space throughout.

SHARED ROOM

\$2,500

per person · all-inclusive

Shared room with one other participant. The full retreat experience is identical — same sessions, same support, same container.

EARLY BIRD — LIMITED TIME

Book within 30 days of the retreat announcement and receive 10% off. **Premium: \$2,700 | Standard: \$2,430 | Shared: \$2,250.** Early bird pricing is available on a first-come basis and closes on a fixed date, which will be announced with the retreat launch.

Payment Plans

A payment plan is available for all room types. The retreat can be paid in four equal installments, with the full balance due at least 6 weeks before the retreat begins. A 5% convenience fee applies to installment payments to cover administrative costs. Paying in full at the time of booking avoids this fee.

Installment totals: Premium: \$3,150 | Standard: \$2,835 | Shared: \$2,625

1 Deposit — Due at Booking

A non-refundable deposit of 25% secures your spot. Premium: \$787.50 | Standard: \$708.75 | Shared: \$656.25

2 Second Payment — 30 Days Later

25% of the total. Premium: \$787.50 | Standard: \$708.75 | Shared: \$656.25

3 Third Payment — 60 Days Later

25% of the total. Premium: \$787.50 | Standard: \$708.75 | Shared: \$656.25

4 Final Payment — 6 Weeks Before Retreat

Remaining 25%. Premium: \$787.50 | Standard: \$708.75 | Shared: \$656.25. Full balance must be cleared before arrival.

WHAT IS NOT INCLUDED

International flights to and from Senegal. Travel insurance (strongly recommended). Personal expenses and any activities outside the retreat programme. Airport transfers will be coordinated separately and details shared upon booking confirmation. Certain vaccinations may be required to enter Senegal depending on your country of origin — it is the participant's responsibility to check and fulfil all health and entry requirements before arrival. The retreat organisers accept no responsibility for incomplete travel or health documentation.

The Container

Lead Facilitator

Sasa Zola is a somatic regulation teacher and embodied space holder. Her role throughout the retreat is to hold the nervous-system container, guide through sound and presence, pace the retreat with sensitivity and restraint, and act as a bridge — not an authority or interpreter. The retreat is shaped by listening and felt sense, not pre-scripted intensity.

Support Team

Two women from the existing SRR ecosystem — **Darian Davis** and **Deborah George** — support the retreat. Their roles include logistical coordination, participant support and grounding, practical assistance during sessions, and maintaining the rhythm of the container. Their roles remain responsive to group needs.

Ethical Boundaries

These boundaries are non-negotiable and will be spoken aloud at the start of the retreat:

NO EXTRACTION

No copying, exporting, or teaching of local rituals. No cultural, spiritual, or energetic extraction. The land is met with respect, not consumed.

NO PROMISES

No promises of healing, awakening, or initiation. No one is guaranteed visions or breakthroughs. Presence and safety are the only guarantees.

NO PERFORMANCE

No ritual performance. No invocation. No ancestral claims. Spirit is allowed to be felt as atmosphere — never staged or performed.

NO RECORDING

No recording of sensitive moments unless explicitly permitted. The container is protected so that participants can be fully present.

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After the Retreat

Rooted is part of the broader Somatic Regulation Room ecosystem. Participants who complete the retreat carry an expanded capacity for regulation, a deeper relationship with sound as a tool, and embodied anchors they can use in daily life. The retreat is not a departure from the work — it is the earth-anchored, embodied foundation of it.

Securing Your Place

Spaces are limited to 10 participants and will be offered by application only. This is not a first-come, first-served event — it is a curated container.

The application process exists to ensure that every participant is ready for the depth and pace of this retreat. It is brief, honest, and designed to protect both you and the group. There is no wrong answer — only a question of readiness and fit.

1 Express Interest

Reach out directly via email or the website to receive the application form and any questions you may have.

2 Complete the Application

A short form exploring your experience with somatic work, your intention for the retreat, and your capacity for self-regulation. No prior SRR experience is required.

3 Receive Confirmation

If accepted, you will receive a welcome email with room selection, payment options (full or installment plan), and practical travel information.

4 Secure Your Spot

Your place is confirmed once the non-refundable deposit is received. Room allocation is first-come, first-served among confirmed participants.

CANCELLATION POLICY

The deposit is non-refundable. If you need to cancel more than 60 days before the retreat, a full refund minus the deposit will be issued. Cancellations between 30 and 60 days will receive a 50% refund of payments made (minus deposit). Cancellations within 30 days of the retreat are non-refundable, but your place may be transferred to another person with approval. Travel insurance is strongly recommended.

"This is not a transaction. It is a commitment — to yourself, to the group, and to the land."

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Senegal · February 2027 · 10 Days

To express interest or ask questions about the retreat, reach out directly. Spaces are limited to 10 participants and will be offered by application only.

sasazola.com

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EMBODIMENT BEFORE INTERPRETATION · PERMISSION BEFORE
PRACTICE · SAFETY BEFORE DEPTH