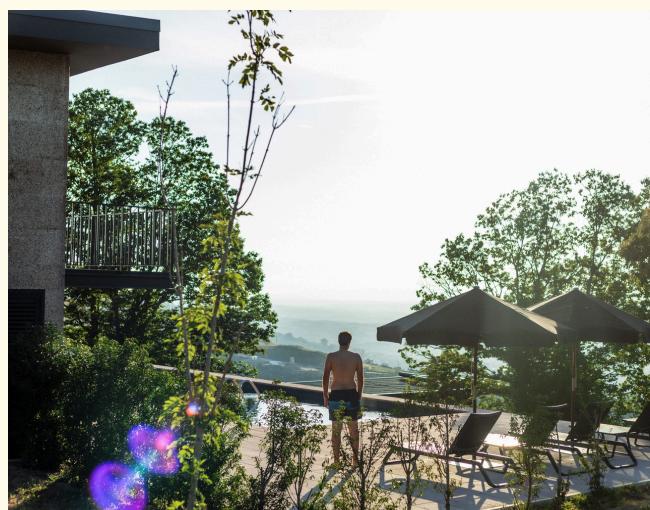


# THE ROOTED FALL RETREAT

The **ROOTED Fall Retreat** is a structured, immersive reset designed for founders, leaders, caregivers, and high-performers who are quietly carrying too much. You arrive to rest, but leave reconnected..

Through breath, movement, nature, nourishing food, and guided reflection, we help you shift the state of your nervous system, your mindset, and your day-to-day operating system.

# THE SETTING SERRA DA ESTRELA



Let nature be your mirror, your medicine, and your training ground.

Your transformation awaits at this peaceful, secluded mountain resort surrounded by whispering forests, refreshing lakes, waterfalls, and panoramic views of the Mondego Valley.

Explore UNESCO-protected trails. Discover ancient villages. Let stillness and solitude do their work.



SERRA DA ESTRELLA  
NATURAL PARK,  
PORTUGAL

## DAY 1 ARRIVAL & GROUNDING

Introductions, orientation,  
grounding presence

- Detox tea & fruit on arrival
  - Personalized ROOTED journal & gift
  - Tour of the resort: lake, trails, rooms, bikes, sauna
  - Welcome dinner + opening circle
  - Guided breathwork + meditation for sleep
- 

## DAY 2 RECONNECT TO THE BODY

Drop out of the head, into  
sensation

- Morning ritual: breathwork
  - Movement session: strength + mobility
  - Workshop: Ice bath prep & breathwork
  - Guided hike + picnic
  - Free time
  - Fire circle and reflectino
- 

## DAY 3 RECLAIM ENERGY & FOCUS

Food as fuel for focus

- Morning ritual + movement
  - Workshop: Functional nutrition
  - Hike to waterfalls and hidden lake
  - Integration time: sauna, massage, journaling
  - Evening: breathwork, reflection, dinner
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## DAY 4 CLARITY & CONNECTION

Leadership through presence

- Morning ritual + movement
- Workshop: Purpose & legacy
- Guided hike + reflection
- Afternoon recovery + solo practice
- Fire circle and reflection

## DAY 5 EMBODY & INTEGRATE

Build your new rhythm

- Morning ritual + movement
- Workshop: Lifestyle integration
- Gravel bike and explore historic villages
- Personal integration time
- Fire circle and reflection

## DAY 6 RETURN & RISE

Transition with intention

- Closing breath & movement
- Integration circle
- Brunch & farewells

You depart with:

 Personalized 30-Day Integration Plan

 Ongoing access to the ROOTED platform – personalized insights, wearable data sync, guided coaching, self-paced programs, and a library of workshops, videos, and community to support your continued transformation.

 Weekly peer-led check-ins + alumni community



# WHERE WELLNESS AND NATURE INTERTWINE

Estrela Serenity Resort & Spa offers the perfect blend of tranquility and adventure.

Deep dive into the breathtaking Serra da Estrela Mountains while enjoying premium amenities and personalised service.

Onsite you will enjoy a heated swimming pool, two saunas, ice bath, a gym, and a private lake.

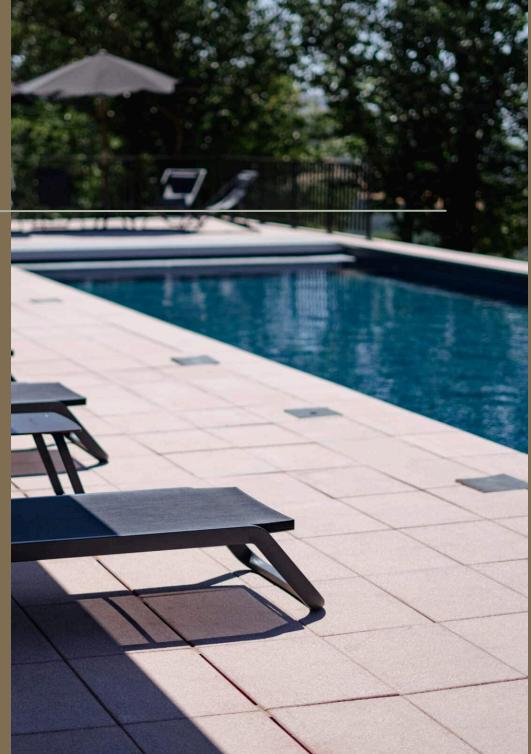
Accessible from the resort are a network of trails that wind through the geopark, leading to hidden waterfalls, breathtaking landscapes, and historical landmarks.

Connecting the Historic Villages of Portugal is the largest cycle route network in the country, with over 3,500 km of signposted trails connecting 12 historic villages.

**When:** October 10 - 15 2025

**Where:** Estrela Serenity Resort & Spa

**Cost:** \$2950 +tax



## WHAT'S INCLUDED:

- Private transportation to and from Porto airport
- 5 nights all inclusive accommodation (single rooms with terrace)
- Anti-inflammatory, gut-healing meals by private chef
- 1:1 sleep and movement assessments, individual coaching + 30-day post-retreat integration plan
- Daily functional movement & mobility training & metabolic conditioning
- Breathwork & nervous system reset
- Cold & hot therapy (sauna, ice baths, contrast circuits)
- Guided hikes and gravel bike tours



**When:** October 10 - 15 2025

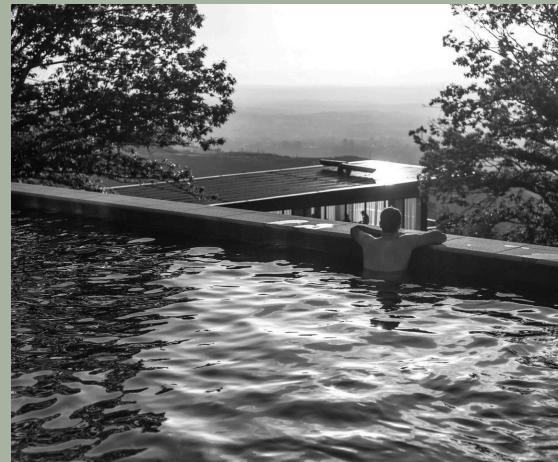
**Where:** Estrela Serenity Resort & Spa

**Cost:** \$2950 +tax

# WHAT IS THE ROOTED WAY

ROOTED isn't another wellness fad. It's a return to what's real — to who we are beneath the noise, the stress, and the performance.

Our method merges modern science and ancient wisdoms across six essential pillars that regulate your nervous system, restore vitality, and unlock sustainable wellbeing.



Each retreat is built around these foundations to help you reconnect with what matters most and return to your life more whole, grounded, and awake.

## OUR OFFERINGS

In addition to regular retreats, we offer:

- Corporate Offsites** — onsite or at luxury partner locations worldwide
- Custom Programs** — for teams, leadership cohorts, veterans, lawyers, first responders, and medical professionals
- Digital Companion Tools** — real-time insights and tailored guidance from wearables like Muse, Garmin, and Whoop to support lifestyle changes and post-retreat integration.

# MEET THE TEAM

## Ashley Orser

Ashley spent 115 years climbing the corporate ladder, all while knowing something was missing. At 40, she stepped away from her career and moved abroad — not to escape, but to come home to herself. Along the way, she deepened her training in movement, yoga, meditation, and breathwork. Today, she blends that experience as a movement specialist and personal trainer, helping others reconnect to their bodies, build trust in their intuition, and take their next step — even when it feels uncertain.



## Andrew Davies

Andrew's turning point didn't come all at once. It arrived gradually — through exhaustion, loss of direction, and a need to reset on every level. Running, strength training, and breathwork became anchors in that process. Now a strength and conditioning coach, Andrew draws on years of experience in leadership positions, endurance sports, performance coaching, and nervous system regulation to guide others through practical, sustainable change — starting with the body, and expanding from there.



## Zeger Schoenmaker

In his early twenties, Zeger walked away from comfort and stepped into the fire: training with Shaolin monks, mastering martial arts, and exploring movement as a path to inner mastery. Today, he channels that warrior discipline into breathwork and lifestyle coaching, helping others break free from what holds them back and rediscover their power — not by pushing harder, but by dropping into presence.



# FAQ

## CAN I USE MY PHONE DURING THE RETREAT?

Yes; however, we encourage guests to leave their devices in their rooms during the planned activities to fully immerse in the reset experience. That said, we understand life happens, and staying in touch with loved ones is important. Plus, you might want to capture a few special moments in the breathtaking Serra da Estrela Park. Our approach isn't rigid here; it's intentional.

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## HOW PHYSICALLY DEMANDING IS THE RETREAT?

ROOTED is intentionally designed with rhythm, not rigor. All movement and hikes are optional and scalable to your baseline. The goal is restoration, not exhaustion.

We spend time getting to know you ahead of the retreat so all activities are tailor-made to meet you where you're at.

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## WHO IS THIS PROGRAM DESIGNED FOR?

The ROOTED Reset is for high-performers who have spent years operating at full speed, and are now ready to pause, reflect, and restore.

If you're feeling the effects of prolonged stress, struggling with energy, sleep, focus, or simply looking for a way to sustain your performance, this program is for you.

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## HOW IS ROOTED DIFFERENT FROM OTHER RETREATS?

We're not a typical wellness retreat, and that's by design. ROOTED blends functional diagnostics with ancient practices to deliver real, lasting change. We help you understand your system, reset it with precision, and support you with structure and community when you return home. This is more than a getaway. It's a turning point. We don't say goodbye at the end. We walk with you as you integrate the change into your life.

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## HOW SHOULD I PREPARE?

Your journey begins with a pre-retreat intake: optional bloodwork, HRV & sleep assessments, a values inventory, and personalized coaching check-ins to ensure you arrive grounded and ready to receive.

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## WHAT KIND OF FOLLOW-UP SUPPORT IS INCLUDED?

We won't just send you off with a workbook and wish you luck. After the retreat, we walk with you:

- One month of guided integration and weekly personalized support
- A private community to lean on

Because change doesn't happen in isolation; it happens in connection.