

Rooted: A Somatic Immersion

Presence as a Path to Reconnection Through the Body

There are parts of us that only speak when things get quiet. Parts that have waited patiently beneath the noise—for touch, for breath, for a moment of being fully met.

This retreat offers a full day of slowing down and coming home. We begin with the body, not as a problem to fix, but as a place to listen. Through gentle movement, depth process work, somatic touch, sound and stillness, we follow presence as a path—toward reconnection, toward restoration, toward what was never truly lost.

Held in a space of care, curiosity, and attunement, your system is invited to remember its rhythm. To root. To release. To return.

Immersive and gentle, the retreat includes one-on-one, relational support—woven from movement, somatic practice, depth process work, and integration. This is an individual, relational, and attuned experience—personalized to meet you exactly where you are. The pacing allows your system to integrate throughout the day, not only between modalities, but also within them—in its own timing, without rush or force.

***“A heart assured of safety
opens instantly”***
—Tim Freke



"We are wounded in relationship, and we are healed in relationship"
—Gabor Mate

DAILY FLOW

Opening Check-In & Dreams (~ 30 min)

- A moment to land
- What's present in body, mind, emotion, breath
- What feels alive, tender, or unknown
- Invitation to share or reflect on recent dreams
- Explore how dream imagery might echo somatic or emotional threads

Rosen Movement (~ 30 min)

- Gentle, non-striving movements to awaken awareness
- Focus: breath, space, joints, sound, internal tracking
- Invitation to curiosity, not effort

Depth Session (~ 90–120 min)

- **Relational Somatic Tuning (RST)**—my more spacious blend of PSIP, Compassionate Inquiry, and Polyvagal Theory-informed modalities
- Invitation to access the unconscious—meeting depth with presence
- Medicine optional in this session based on readiness and intention

Integration Breaks (~ 15–30 min each)

- Unstructured decompression and rest: tea, silence, snacks
- Optional journaling or sketching
- What does self-care look like to you?

Rosen Method Bodywork (~ 60 min)

- Touch-based attunement
- Non-directive, deeply receptive presence
- How is your body holding you?

Rhythm & Resonance Options (~ 30 min)

- Sound Bath with bowls, chimes, light drums, harmonic tones
- Medicine Dance—guided movement as somatic expression with music
- Other shared rhythm and resonance activities
- Deep rest, soft landing

*"Rarely, if ever, are any of us healed in isolation.
Healing is an act of communion"*

— Bell Hooks

Retreat Structure & Philosophy

Each retreat day typically lasts 5 to 6 hours, with flexibility built in so that the pacing follows your system—not the clock. The structure is gentle, attuned, and designed to support integration not only between modalities, but within them—offering your system time to settle, respond, and unfold.

Modalities and Methods

Core practices include Rosen Method Bodywork and Movement, and Relational Somatic Tuning—my own integrative blend of PSIP (Psychedelic Somatic Interactional Psychotherapy), Compassionate Inquiry, and Polyvagal Theory.

Additional sound- and rhythm-based integration practices may also be woven in, such as sound baths, soft vocal toning, rhythmic drumming, or Medicine Dance—a guided movement practice with music where present-moment thoughts, emotions, and sensations are invited to move through the body: an exploration of expression from the inside out.

Rates – \$950 to \$1250 per retreat day (Sliding Scale)

This offering is structured as a single-day immersion, with the option to add additional retreat days, spaced apart to allow for deeper unfolding, rest, and integration. Rates range from \$950 to \$1250 per retreat day (sliding scale), which includes one-on-one, individualized in-person support throughout the full arc of the day.

This is not just a day of sessions—it's a sanctuary for healing. The work is relational, somatic, and paced by your nervous system. My intention is to offer a container that's spacious enough for real change, without rushing or overriding. The sliding scale is offered in the same spirit—so you can choose a rate that honors both your capacity and the sustainability of this work.

*"Soul work is not a high road. It's a deep fall into an unforgiving darkness
that won't let you go until you find the song that sings you home"*

— McCall Erickson

Flexibility Notes

- The retreat day(s) follow an arc that offers enough structure to feel safe, and enough fluidity to meet the moment. If something unexpected arises—emotionally, physically, or energetically—the flow can adapt.
- The intention is not to complete the plan—but to let the plan create safety for what wants to unfold.
- Medicine (e.g., low-dose cannabis) is optional, most appropriately during the depth session.





About your Facilitator Paul “PJ” Antico

Paul “PJ” Antico is a trauma-informed somatic practitioner and facilitator with a focus on developmental, attachment, and ancestral trauma. He works with a range of modalities including Rosen Method Bodywork and Movement, Compassionate Inquiry, Medicine Dance, and the Polyvagal Theory based Safe and Sound

and Rest and Restore Protocols. PJ is also trained in Psychedelic Somatic Interactional Psychotherapy (PSIP), which informs his integrative approach to depth work, especially within Relational Somatic Tuning (RST).

Held with Presence, Guided by Heart

Since co-founding Akasa Journeys in 2018, PJ has guided more than 150 full day psychedelic journeys, offering individualized, in-depth support rooted in care, attunement, and embodied presence. His work emphasizes co-creation, emotional safety, and the innate intelligence of the body—whether or not psychedelics are part of the process.

PJ remains an active contributor to the psychedelic community, serving as an Integration Circle Facilitator and former Executive Director of PsychedeLiA Integration, a 501(c)(3) nonprofit offering education and support around psychedelic healing.

Previously, PJ was a photographer/videographer, and enjoys many creative pursuits, including sailing, ecstatic dance, playing guitar and djembe.



www.akasajourneys.com

