



ROOTED PRESENCE

Discover the Joy of Simply Being



19-24 September 2025
Albania



LIVING
IN TOUCH



Step into a world where time slows, and the magic of the present moment comes alive.

Nestled amidst the majestic mountains of Albania at Bote Farms, *Rooted Presence* is an invitation to awaken to the sacred beauty in all things and embrace the joy of simply being.

Surrounded by the soothing sounds of nature, warm sunlight, and breathtaking vistas, you'll be guided through long, soulful yoga practices, nature excursions and insightful workshops/circles. Together, these experiences will help you connect deeply with yourself and the world around you.

This retreat is a call to step away from unconscious patterns that leave life feeling rushed or disconnected. Instead, be reminded of your true nature in the quiet stillness of the mountains and the embrace of community. Leave feeling alive, inspired, calm, and centred – grounded in the present and ready to carry its magic into your everyday life. Let *Rooted Presence* be your guide to living fully and wholeheartedly.

What you'll experience:

- **Morning Practices:** Begin each day with an intentional and rejuvenating 2-hour Sadhana. Including - Asana (1 hour of movement), Pranayama, meditation, somatic work, singing and more on a serene outdoor yoga deck, surrounded by majestic mountains.
- **Evening Sessions:** Unwind as the day fades with Yin yoga, followed by reflective journaling.
- **Accommodation:** Stay for five tranquil nights at Bote Farms, a peaceful retreat centre nestled in the mountains, featuring an eco-pool, chill out spots, rescue farm and wholesome, nourishing meals crafted to support your journey.
- **Natural Wonders:** Discover the beauty of Albania as you practise yoga amidst ancient ruins, relax on pristine beaches, and visit the enchanting Blue Eye lake.



This retreat is for people wanting to...

- Experience life's sacredness
- Disconnect to reconnect
- Devote time to their practice
- Spend mindful time in nature
- Step away from fast-paced living

Example Daily Schedule *(Subject to change)*

7.30am-9.30am:
Morning Practice

9.30am: Breakfast

11am: Beach trip +
Picnic

6pm: Yin Yoga +
Reflections

7.30pm: Dinner

Presence is a practice, and here, surrounded by serene landscapes, it becomes a way of being. Rediscover what it means to truly live in the now.





What's included

- Transfers
- 5x night accommodation
- All meals (healthy pescatarian vegetarian and vegan) lovingly cooked by on site chefs
- All practices
- Fire ceremony, cooking class, meditations, workshops, circles and more
- Trip to the famous Blue Eye Lake
- Trip to the beautiful beaches of Albania (often referred to as the 'Maldives of Europe')
- Yoga practice on a sacred ancient ruins site
- Gift bag
- Full site to ourselves

What's not included

- Flights
- Travel Insurance
- Bodywork + Massages



The Venue

Bote Farms is nestled in the stunning Saranda region. Perched in the mountains, it provides panoramic views and a serene atmosphere, and less than 20 minutes away from pristine beaches. The setting combines the tranquillity of the highlands with easy access to the crystal-clear waters of the coast, making it an ideal destination for relaxation and rejuvenation.

The site features: 6 luxury villas, Eco pool (chemical-free), yoga deck and sheltered yoga deck, meditation rooms, fire pit, numerous chill-out areas, commercial kitchen, dining room, The "Magic Dining Table in the Clouds", a small animal rescue pen.

The Villas:

Our retreat venue features six beautifully designed villas, each a harmonious blend of comfort and nature. The striking architecture includes expansive reflective glass windows, mirroring the surrounding mountains and immersing you in the serene embrace of Mother Earth.

Each villa accommodates up to three guests. The downstairs area includes a cosy double bed with privacy curtains, while the upstairs loft houses two single beds. Every villa comes with a shared lounge for relaxing, a modern bathroom, a private patio perfect for soaking in the views, and a fully equipped kitchen (though you won't need to lift a finger for cooking – woo!). These villas provide the perfect sanctuary for rest, connection, and rejuvenation.

Booking a double bed means you will occupy the double bed downstairs, whilst booking a single means one of the single beds on the second floor.

Investment:

Single bed - £1250 (*£250 Deposit*)

Double bed - £1450 (*£450 Deposit*)

Deposit non-refundable. Remaining balance to be paid by the 19th of July 2025.

By paying your deposit you agree to the full T's&C's.







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BOOK NOW

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