

# Rooted

“The best gift I gave to myself.”

Infographic on the results of the post-experience survey of the Rooted group weekend in August 2023  
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“Rooted made me feel like coming home for one of the first times in my life. I felt deeply connected with myself and the other participants. It was a magical and healing experience.”

on average rooted participants rated the rooted retreat with

**9.5**  
out of 10



“Rooted was powerful, profound, deeply moving, inspiring, warm and comforting.”

**100%** feels more present in the here and now after participating in rooted

feels more sure of taking upcoming decisions after participating in rooted **92%**

**85%** feels more connected to the physical space they live in after participating in rooted

**85%** feels more connected to their cultural heritage and familial history after participating in rooted

“I felt some kind of relief as if the heavy weight of negative baggage came off. It cleansed me and made me really grounded. It helped me become myself more.”





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“Where I lost my fear of cultural and racial differences. We are one.”

Infographic on the results of the post-experience survey of the Rooted group weekend in August 2023  
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“I felt accepted without any judgment. It gave me confidence, acceptance, faith in people and trust in the world. I feel more stable and rooted inside.”

## 92%

experiences an improved understanding of their own emotions after participating in rooted




BELONGING SAD AT PEACE  
CALM LOVE UNDERSTOOD  
WARM HOME GRATEFUL  
EMPOWERED JOY GROUNDED  
COMPASSION


what participants felt most while at rooted

“Singing my own name in the presence of the group and listening to them singing my name... it made me feel alive and part of this world again.”



### REACH US

 [rooted.migrant](https://www.instagram.com/rooted.migrant)

 [www.wearerooted.org](http://www.wearerooted.org)