

BOOK A SACRED JOURNEY CALL

WOMEN'S ONLY SAN PEDRO IMMERSION | JANUARY 9-16, 2027 | COSTA RICA

# Embodied Sovereignty

*January 9-16, 2027 · Eight days. Three ceremonies. The return to yourself.*

For a woman, sovereignty is a deeply profound reclamation of personal power. It is the thing most quietly and consistently taken. Not by force. Through conditioning. Through the accumulated weight of being asked to be agreeable, available, and small. This immersion is an invitation to come home to yourself.

BOOK A SACRED JOURNEY CALL

REGISTER NOW

DOWNLOAD THE BROCHURE

8

days, 7 nights

3

San Pedro ceremonies

8

women maximum

16

weeks of support

DATES Jan 9–16, 2027	GUESTS Max 8 Women	DURATION 8 Days, 7 Nights
CEREMONIES 3 San Pedro	LOCATION Playa Grande, Costa Rica	INVESTMENT \$5,495 All-Inclusive

YOU MAY BE CALLED HERE IF

## Your personal power has been leaking. *And you are ready to come back.*

Your boundaries have been unclear. You have been everything to everyone. And somewhere in the giving, the tending, the quietly carrying on when you had nothing left, your own needs found their way to the bottom of the list. When we reclaim our sovereignty as women, we return to the intelligence of our bodies and our natural rhythms. We listen more closely. We honor our needs more gently. We move through life with more grace.

*Weight that won't shift no matter what you try*

*Brain fog that clouds your clarity*

*Chronic pain or tension held in the body*

*Sleep that doesn't restore you*

*Emotions with nowhere to go*

*Giving endlessly with little left for yourself*

*Boundaries that are hard to find, let alone hold*

*A quiet sense of having drifted from yourself*

waiting for space. This immersion is that space. Soft, held, and entirely your own.

#### WHAT THIS IMMERSION DOES

## San Pedro does not give you sovereignty. *It gives you the conditions to practice it.*

Unlike medicines that move you out of your body into visionary states, San Pedro keeps you present, embodied, and in direct relationship with what arises. Over an extended ceremonial window, you stay inside your body while accessing what your nervous system has been protecting.

You have time, space, and support to allow yourself to feel what there hasn't been space to feel. You sense what you learned to ignore, to push down, or to override. You begin the practice of creating new patterns of self-trust in real time, with two somatic trauma-informed guardians holding the container.

The somatic work between ceremonies is not filler. It is where the rewiring happens. Each integration day is structured to help you move from insight to embodied change.

#### THE MEDICINE

### Extended, embodied presence

San Pedro's long ceremonial window gives you time to stay with what arises rather than move past it. You practice sovereignty in the moment, not just receive insight about it.

#### THE CONTAINER

Maximum 8 women. Private rooms.

THE METHODOLOGY

Somatic. Trauma-informed. Integrated.

Preparation, ceremony, and integration are treated as a single arc, not separate events. Somatic tools are woven throughout so each layer of the work builds on the last.

WHAT IS AT STAKE

What happens when you don't *reclaim this.*

The patterns that brought you here do not stay still. They deepen. The body that has been overridden for years begins to speak in the only language left: illness, exhaustion, numbness, rage that surfaces sideways. The relationships built on your self-abandonment continue to ask for more of you. The version of your life that looks fine from the outside grows further from what is actually true.

In your body

Chronic override builds a nervous system that no longer knows how to rest. Pain, fatigue, and disconnection are not symptoms to manage. They are the body's record of

In your relationships

When you do not know your own boundaries, you cannot protect them. Relationships shaped around your accommodation continue to demand it. The ones that could be reciprocal stay surface-level because you

In your life's direction

Decisions made from others' expectations accumulate into a life that belongs to someone else. The longer the gap between who you are and who you have been performing, the

WHAT YOU WALK AWAY WITH

# Not a new version of yourself. *The one that was always there.*

- **A body you trust again**  
Sensation and felt sense restored as primary guidance. Chronic patterns held from suppressed emotion beginning to release.
- **Boundaries that protect rather than betray you**  
The embodied capacity to say no from a grounded place, not from fear or guilt. Relationships that begin to reflect that.
- **Intuition as a reliable compass**  
The ability to trust what you sense over what you are told. Decisions made from authentic desire rather than conditioned response.
- **Access to your full emotional range**  
Including anger, rage, and grief as sources of intelligence and protection rather than things to manage away for everyone else's comfort.

FROM WOMEN WHO HAVE SAT WITH NIKKI AND KIMBERLY

## What becomes possible *inside this container*

*"I had a truly blissful 7 days at Ananda Lodge. Nikki was our huachumera and she was there supporting us throughout the day of each of the 3 ceremonies. She offered sagacious wisdom and warmth wrapped up with humor. All personalized to our individual needs. The experience was deep and subtle and profoundly*

DEBORAH | WOMEN'S HUACHUMA, JANUARY 2026

*"I felt very safe, cared for and blessed to have come to this retreat. You receive everything you need to feel supported, safe, cared for and in community with the medicine guides, other attendees and the beauty of nature at Ananda Lodge, and leaving with a sense of bliss."*

TERESA | WOMEN'S HUACHUMA, JANUARY 2026

*"This was my first experience with Plant Medicine, and the thought and care put into the pre-retreat preparation, the retreat, and the post-retreat care made it such a safe, peaceful, and transformative journey. I experienced relaxation, acceptance, love, and bliss in mind, body, and soul."*

AIMEE-MARIE | ANANDA LODGE, FEBRUARY 2026

*"Kim and Jason are compassionate, caring, and clearly committed to creating a safe, grounded space to work with plant medicines. Safety, consent, and care are not just words here, they are felt throughout the experience. Their presence allowed me to slow down, trust the process, and do meaningful inner work at my own pace."*

KIM | HUACHUMA, JANUARY 2026

CEREMONIES

CARE FRAMEWORK

ACCOMMODATION

INTEGRATION

Three San Pedro ceremonies across eight days, each designed to build on what the previous one revealed. You are not repeating the same opening. You are going deeper into what your body knows.

1 THE UNCOILING

Grounding. Orientation. Slowing down.

Most women arrive in a state of chronic activation. Before ceremony can open, the nervous system needs to downregulate. Day one is about arrival. Meeting the land, the women in circle, and what you actually need. Intention setting: what does sovereignty mean specifically for you.

2 CEREMONY ONE: FIRST OPENING

Meeting the medicine.

An introduction. Building trust with San Pedro and with your body's responses to expanded awareness. This ceremony focuses on noticing: where you hold tension, where you protect, where you have learned to go numb. No forcing. No fixing.

3 THE JOURNEY INWARD

Compassion. Your original blueprint.

Integration day. Somatic practices, group work, and one-to-one support help you move from what arose in ceremony into embodied understanding. Who were you before the conditioning? What parts of yourself have you abandoned?

The second ceremony often opens what the first made possible. Greater access to what is stored in the body. Meeting the places where you have abandoned yourself. Beginning to release shame, old conditioning, and the protective patterns built around them.

5

## SOVEREIGNTY OF YOUR SPACE

**Boundaries. Release. Sacred rage. Permission.**

The heart of this work. Reclaiming what was suppressed for relational peace. Understanding that a boundary is not a wall. It is how you love yourself. Somatic practices for meeting rage as a source of protective power rather than something to manage away.

6

## CEREMONY THREE: EXPANSION

**Integration and embodiment.**

The third ceremony is about what you are becoming. Taking what you have reclaimed and allowing it to fill your full system. What does it feel like to live from internal authority? Celebration of your fullness without shrinking. Anchoring new patterns into your nervous system.

7

## YOUR FREEDOM BODY

**Forgiveness. Grace. Expression. Pleasure.**

Integration and celebration. Art exploration. Sunset beach excursion. Fire ceremony. This day is about moving what you have reclaimed into expression. What does it feel like to take up your full space?

8

## RESILIENCE AND RECLAMATION

**Closing circle. Preparing for what comes next.**

Closing ceremony. Integration circle. Clarifying what you are taking forward. This is not the end. It is the beginning of a different way of living.

HONEST ASSESSMENT

This immersion is built  
*for a specific woman.*

- You feel the distance between who you are and who you actually are, and you are ready to close it
- You have tried conventional support and feel there is a layer it cannot reach
- You are drawn to medicine work and want a container with genuine somatic and trauma-informed expertise
- You are willing to feel what is real rather than what is comfortable
- You want the smallest, most intimate group possible
- You are ready for the work that happens between ceremonies, not just inside them
- You understand that sovereignty is built in the body, not the mind

THIS IS NOT FOR YOU IF

- You are in acute mental health crisis or have untreated psychiatric conditions that contraindicate medicine work
- You are seeking a primarily spiritual or visionary experience rather than somatic and embodied work
- You are unwilling to engage with the preparation and integration process
- You want a passive experience where healing is done to you
- You are currently on medications that contraindicate San Pedro (this is reviewed in intake)
- You are not willing to be in a women's only container

THE FULL ARC

Sixteen weeks of structured support surrounds eight days on the land. The immersion is the center. Everything else exists to make the transformation durable.

#### BEFORE | 6 WEEKS

### Preparation

- Comprehensive intake and medical screening
- 2 individual preparation sessions
- Preparation guidebooks
- Virtual group call with your cohort
- Dietary and lifestyle preparation guidance
- Intention clarification with your guardian

#### DURING | 8 DAYS

### Immersion

- 3 San Pedro ceremonies with guardian presence
- Somatic grounding before each ceremony
- Daily group integration sessions
- Somatic and breathwork workshops
- Art exploration and beach excursion
- Sunset beach and closing fire ceremony
- One-to-one support as needed throughout

#### AFTER | 12 WEEKS

### Integration

- In-depth integration guidebooks
- Continued guardian access
- Community connection with your cohort
- Guidance on sustaining somatic change

YOUR GUARDIANS

Three women.  
*Each one has walked this path herself.*



TRAUMA-INFORMED MEDICINE CARRIER

Nikki Szeghalmi

Nikki came to plant medicine through her own journey from addiction and depression. Called to Peru in 2018, she has spent years in direct relationship with San Pedro medicine, training in somatic trauma-informed facilitation and carrying this wisdom through embodied presence and one-to-one care. She embodies a balance of grit and softness, creating permission for each woman to explore her unique



CO-FOUNDER, LEAD GUARDIAN

## Kimberly Ocaña

Kimberly is the co-founder of Ananda Lodge and a certified somatic trauma-informed medicine facilitator and integration guide. Over a decade of personal coaching and plant medicine work, including her own passage through corporate burnout, brought her to ancient healing traditions and to this work. She holds training in somatic trauma-informed care, is a certified sound healing therapist, and an herbalist in training. Her mentorship includes Atira Tan, Kat Courtney, Daniela Riojas, and Erika Buenafior. She continues to apprentice in Ayahuasca shamanism through deep reverence for the Shipibo-Konibo tradition.



## Emma

Emma's path is rooted in indigenous wisdom traditions and plant medicine, with a commitment to reciprocity, integrity, and the honoring of lineage. As a singer and musician, she works with the medicine of sound throughout the program. Her focus on plant medicine integration supports guests in weaving the insights of ceremony into the fabric of daily life.

- Ceremonial facilitation rooted in indigenous wisdom traditions
- Sound medicine: voice and music as healing tools
- Plant medicine integration specialist

### WHY GUARDIAN, NOT GUIDE

In plant medicine tradition, a guardian is one who holds the container while you do the work. Not directing your experience. Not managing it. Holding the space steady so you can go as far as you need to go. This is a meaningful distinction. A guide shows you where to walk. A guardian ensures it is safe enough to walk there at all.

### INVESTMENT

Eight days.  
*Sixteen weeks.* One arc.

Your investment covers the full immersion, all accommodation, private chef meals, three San Pedro ceremonies, six weeks of preparation support, and twelve weeks of integration. There is no separation between the medicine work and the care around it.

Ananda *Lodge*

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# \$5,495

8 days, 7 nights, 3 ceremonies, 16 weeks of support. Private ocean-view room included.

Payment plans available. Secure your registration with a 25% deposit and a monthly payment plan leading up to the immersion.

REGISTER NOW

**Scholarship consideration.** A limited number of partial scholarships are available for women who are deeply called to this work and for whom the investment creates a genuine barrier. Mention your situation during your Sacred Journey Call.

### WHAT IS INCLUDED

- 3 San Pedro ceremonies with full guardian support
- 8 days, 7 nights all-inclusive accommodation
- Private ocean-view room for each woman
- Private chef dining, 3 meals daily
- Daily somatic and integration workshops
- Art exploration session
- Sunset beach excursion
- Closing fire ceremony
- 6 weeks of preparation (2 individual sessions, group call, guidebooks)
- 12 weeks of integration (3 individual sessions, group call, guidebooks)
- Intake and medical screening
- Access to your guardians throughout

READY TO BEGIN

## Your body already knows *what you came here for.*

The Sacred Journey Call is a 30-minute conversation with Emma, our Guest Experience Director. She will walk you through the program, answer your questions honestly, and help you assess whether this is the right immersion for where you are right now. There is no pressure. There is only clarity.

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Questions before booking? Write to [hello@anandalodgecr.com](mailto:hello@anandalodgecr.com)

### COMMON QUESTIONS

## Why San Pedro. *Why now. Why for women.*

Why is San Pedro particularly well-suited for women who are struggling? +

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I feel exhausted and depleted. Will I have the capacity for this work? +

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Ananda *Lodge* help with physical symptoms like weight

BOOK A SACRED JOURNEY CALL

I have never sat with plant medicine before. Is this the right place to begin? +

Why does being in a women-only container matter? +

What does the medical screening assess? +

## Ananda *Lodge*

Playa Grande, Costa Rica | [anandalodgecr.com](http://anandalodgecr.com)

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