



WOMEN'S PSILOCYBIN & CACAO IMMERSION · FALL 2026

Permission

*You were never meant to earn your way back to
yourself.*

OCTOBER 17 — 24, 2026

Eleven women · One sacred circle · Playa Grande, Costa Rica

THE INVITATION

This is not just a retreat. It is an invitation.

This immersion is for the woman who is ready to stop leaving herself behind. Not because she is broken, but because somewhere along the way she learned to abandon herself in order to survive. Here, you don't have to earn your place, prove your worth, or arrive as anything other than who you are. We hold space with compassion, curiosity, and deep respect for your unique journey, allowing you to unfold in your own time.

You have spent years holding everything together — for your work, your family, your relationships, and everyone who depends on you. You've done your best. You've kept going. And still, something inside you is quietly asking for something more.

Not more to do. More permission.

✦ Permission to rest

✦ Permission to receive

✦ Permission to trust yourself again

✦ Permission to come home to yourself



I felt extremely safe at all times, and taken care of in a way I had never felt before.

JASMINE · RETURNING GUEST

PERMISSION

Not a spiritual concept. A daily practice.

Permission is not given by anyone else. It is reclaimed — quietly, in the body, one honest moment at a time. It is not earned through more doing, more proving, or more holding it together. It lives in four places.

PERMISSION TO REST

Setting down what you carry, without needing to have earned the pause.

PERMISSION TO TRUST YOURSELF

Believing your own knowing again, even when it is quiet.

PERMISSION TO RECEIVE

Letting care, nourishment, and support land, instead of deflecting them.

PERMISSION TO COME HOME

Returning to the woman beneath everything you have been carrying.

Maybe you've spent so much of your life holding everything together that you've forgotten what it feels like to simply be held. This is an invitation to slow down, reconnect with your body, and remember the woman beneath everything you've been carrying.

Medicine of mind. Medicine of heart. Medicine of spirit. Medicine of body.

Across three psilocybin ceremonies — a gentle opening dose, the signature 5am dawn journey, and a closing ceremony held in community — the noise of obligation and self-judgment softens, and what's underneath is finally free to surface. Cacao opens the heart gently at the start of the week. Three guided breathwork journeys move what the medicine reveals into the body, so it settles as lasting change.

Psilocybin · Medicine of Mind

Three ceremonies, each building on what the last made safe to feel.

Cacao · Medicine of Heart

A heart-opening ceremony that grounds the circle before the deeper work.

Breathwork · Medicine of Spirit

Three guided journeys on Days 3, 5, and 7 move insight into embodied release.

Somatic Integration · Medicine of Body

A women-only circle, so what surfaces can be held without needing to be softened.



YOUR JOURNEY · THIS IS YOUR PERMISSION

The eight-day permission arc.

A carefully designed progression that honors how somatic transformation actually happens — slowly, with safety, through titrated exposure and integration. This is not a retreat where you receive healing. It is where you reclaim your authority to heal yourself.

DAY 1 · OCT 17 · The Uncoiling

Arrival, orientation, and downregulation. Meeting the land and the circle, slowing the nervous system, and clarifying what sovereignty means for you.

DAY 3 · OCT 19 · BREATHWORK The Journey Inward

Integration and somatics, anchored by the first guided breathwork journey. Meeting your original blueprint — who you were before conditioning — and welcoming all your parts with compassion.

DAY 5 · OCT 21 · BREATHWORK Sovereignty of Space

The heart of the work, deepened by the second breathwork journey. Boundaries as self-love, releasing shame and resentment, reclaiming sacred rage, permission, and womb connection.

DAY 7 · OCT 23 · BREATHWORK Your Freedom Body

A third breathwork journey, forgiveness for your own freedom, grace, and expression. Art therapy, a sunset beach walk, and a closing fire ceremony. Reclaiming pleasure.

DAY 2 · OCT 18 · CEREMONY ONE Meeting the Medicine

An opening cacao ceremony and ceremony preparation, followed by a gentle, carefully calibrated first dose. The focus is establishing safety in the body, recognizing adaptive patterns, and building trust with the plant ally, the facilitators, and the circle. Facilitators stay close, offering somatic support throughout.

DAY 4 · OCT 20 · CEREMONY TWO The 5am Journey

Our signature ceremony begins at 5am, when the brain naturally drops into the theta states essential for deep healing. You begin as the sun rises and nature wakes; sound frequencies support release and transcendence.

DAY 6 · OCT 22 · CEREMONY THREE Community & Music

Our final ceremony uses the Lemon Tek method for a more focused experience, journeyed alongside the circle with live medicine musicians. The emphasis is connection — to yourself, the group, and the healing that has unfolded. Traditional Amazonian hapé is available for those who feel called.

DAY 8 · OCT 24 Resilience & Reclamation

A closing circle to anchor what you found and clarify what you carry forward. You leave with a nervous system that knows what sovereignty feels like.

“Three ceremonies, three integration days, one continuous arc — each ceremony reveals what the last one made safe to see.”

HOSTED BY

Seen, heard, and held — the whole way through.

Eleven women, one sacred circle. Heidi Romer, Dana Mistretta, and Kimberly hold this container together — known by name and intention, not just during ceremony, but in preparation, integration, and the months that follow.



Heidi Romer

TRAUMA-INFORMED COACH · SOMATIC
BREATHWORK FACILITATOR

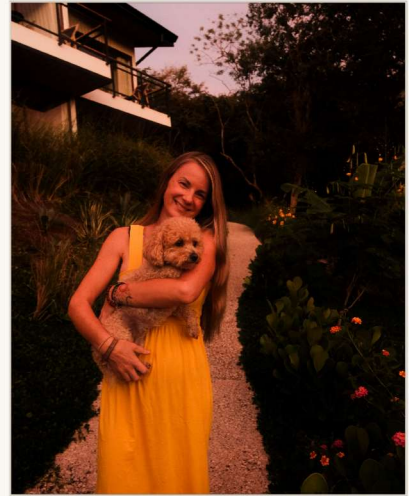
Heidi helps women remember there is nothing wrong with them — only parts asking to be seen, understood, and loved. Blending trauma-informed coaching, somatic breathwork, and plant medicine facilitation, she believes healing is about creating enough safety to come home to yourself.



Dana Mistretta

REIKI MASTER TEACHER · PLANT
MEDICINE CEREMONIALIST

A certified Reiki Master Teacher and intuitive guide blending emotional intelligence, sound healing, and transformational facilitation. President & Co-Founder of the Sanctuary of Consciousness, Dana has walked as a Medicine Woman for over five years under her Indigenous teachers. Her deepest knowing: the pathway forward is through the heart.



Kimberly Ocaña

CO-FOUNDER, ANANDA LODGE ·
SOMATIC MEDICINE FACILITATOR

A certified somatic trauma-informed medicine facilitator, ICF coach, and sound healing therapist specializing in women's wellness — mentored by Atira Tan, Daniela Riojas, and Kat Courtney, among teachers across several medicine lineages.

II

WOMEN, ONE CIRCLE

*Preparation before you arrive, and integration support after — so what you find here
has time to anchor into your life.*

RETREAT SNAPSHOT

This is your permission.
An intimate circle, a sacred container.



8 Days / 7 Nights



11 Women



3 Psilocybin Ceremonies



1 Cacao Ceremony



Luxury Accommodations



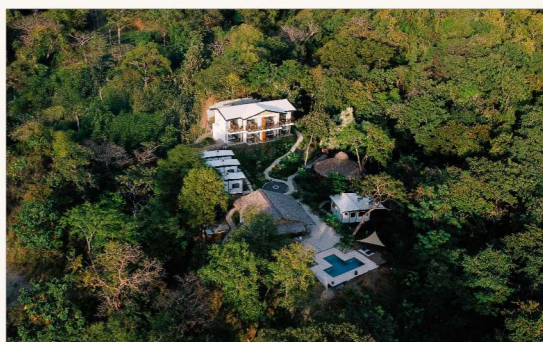
Private Chef



Somatic Breathwork



Preparation & Integration
Support



HOSTED BY

Heidi · Dana · Kimberly

BEGIN THE CONVERSATION

heal@heidiromer.com

ALL-INCLUSIVE EXPERIENCE. INTIMATE BY DESIGN.

One investment. All of it held.

◆ Three psilocybin ceremonies

Held by your facilitators throughout the week.

◆ One cacao ceremony

A heart-opening entry into the week.

◆ Luxury accommodations

Seven nights, on-site at the lodge.

◆ Private chef dining

All meals, aligned with ceremonial protocols.

◆ Somatic breathwork

Woven throughout the week's integration.

◆ Comprehensive intake & screening

Medical screening prior to enrollment.

◆ Preparation & integration support

Sessions before you arrive and after you leave.

◆ Virtual group prep & integration calls

Held in community, before and after the retreat.

◆ Full access to lodge & grounds

Pool, gardens, and all common areas.

◆ Eleven women, one sacred circle

An all-inclusive experience, intimate by design.

INVESTMENT



King Ocean View Suite

\$4,111

Private king suite with ocean view.
Limited to 8 available.



Queen Casita Suite

\$3,777

Private queen casita.
Limited to 3 available.

BEGIN HERE

Slow down. Come home. Remember.

This is your permission. Reach out to begin the conversation — it is not a sales call, but a genuine check-in: that this circle is the right container for what you are carrying, and that you are ready for what it holds.

1

Reach out

Email to inquire or begin the conversation.

2

Feel the fit

We listen, answer everything, and never pressure.

3

Reserve your spot

Eleven women only — held with intention.

INQUIRE OR RESERVE YOUR SPOT