



A WOMEN'S PSILOCYBIN MICRODOSE CIRCLE · FALL 2026

# Reclamation *at Home*

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*You don't have to leave your life  
to start reclaiming it.*

SEPTEMBER 23 — DECEMBER 16, 2026

Twelve weeks · Held in sisterhood · Virtual, from anywhere

# You're not in crisis. You're just at capacity.

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You have spent years holding it together — showing up, getting it done, taking care of everyone in your orbit before you take care of yourself. Nothing looks broken from the outside. It does not feel that way from the inside.

This circle is for the woman who felt the pull toward Reclamation, but for whom an eight-day immersion is not yet possible — and for any woman ready to begin this work from home. Not someone to be fixed. Someone to be recognized.

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*Running on empty and still showing up*

*Everyone's needs before your own*

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*Doing everything right, still feeling flat*

*Disconnected from your own body*

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*Watching other women transform, wondering if it's your turn*

*The right door, at the wrong time*

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*Reclamation named something true in you. That the retreat is not accessible right now does not mean the work has to wait.*

THE PROMISE

# The same reclamation work, held from wherever you are.

Reclamation at Home is a guided Psilocybin microdose protocol, a sacred structure, and a circle of women moving through it beside you — built to do the nervous-system repair and self-reclamation work of the immersion without asking you to leave your life to begin it. For some women, this is the whole arc. For others, it is the doorway into a future immersion at Ananda Lodge.



12

WEEKS

3

PHASES

7

CIRCLE GATHERINGS

8

GUIDEBOOKS

WHY WOMEN ONLY

# A circle built for navigating this together

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This work moves differently among women who recognize it in each other. There is less to explain and more room to be met, understood, and held. The circle exists so you are not carrying these shifts alone.

*Patterns that keep repeating across roles and relationships*

*Giving from a well that has run empty*

*Feeling disconnected from your own body*

*Weight, physical and emotional, that will not move*

*A transition in career, relationship, or identity with no clear next step*

*Wanting to feel clear again*

The sisterhood is how this work gets held. It is women navigating the same terrain, at the same time, alongside each other.

# Phase I: The Path

*Where you are, met with compassion*

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SEPTEMBER 23

## Where You Are

Naming what is true right now, without judgment.

*Microdosing begins*

OCTOBER 7

## Directing the Compass

Compassion for every part of you. Building the ritual that carries the arc.

WHAT YOU'LL DO

- Name what is true right now, without judgment
- Build compassion for the parts of you that are tired
- Set the direction for the next twelve weeks
- Establish the daily ritual that carries the arc

WHAT YOU'LL GAIN

- Awareness of the pattern you are actually in
- A structured relationship with the medicine from day one
- A daily practice that holds you between sessions
- Connection to the women walking this with you

# Phase II: The Way

*The wisdom body, the deeper feelings, the boundary*

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OCTOBER 21

## Reconnecting to the Body

Entering the somatic wisdom body. Learning to feel the deeper emotions instead of naming them.

NOVEMBER 4

## Boundaries With Self and Other

Naming and owning the line.

### WHAT YOU'LL DO

- Enter the somatic wisdom body
- Learn to feel emotions instead of only naming them
- Identify where your boundaries have gone missing
- Practice naming and holding a boundary in real time

### WHAT YOU'LL GAIN

- A body you can trust for information, not just symptoms
- Language for what you feel while you are feeling it
- A boundary practice you can use with anyone in your life
- Relief from carrying what was never yours to hold

# Phase III: The Wisdom

*Expansion, reclamation, and the truth you carry into 2027*

NOVEMBER 18

## Expansion

Full reclamation of your essence.

DECEMBER 2

## Trust, Leadership, Truth

Determining how you move forward. Carrying yourself into 2027.

WHAT YOU'LL DO

- Expand into a fuller expression of who you are
- Reclaim the parts of your essence you set aside
- Determine how you want to move forward
- Practice trust, leadership, and truth as a daily stance

WHAT YOU'LL GAIN

- A clear sense of direction into 2027
- Confidence in your own leadership, starting with yourself
- A completed arc you carry forward, not leave behind
- A sisterhood you remain connected to after the program ends

DECEMBER 16

## Celebration

IS THIS YOU

# A circle for the woman ready to begin.

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## This is for you if

- ◆ You felt the pull toward Reclamation, but an eight-day immersion isn't accessible right now

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- ◆ You are functioning well on the outside and depleted underneath it

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- ◆ You want structure and sisterhood, not a passive wellness subscription

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- ◆ You are ready to build a real relationship with Psilocybin, at a measured pace

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- ◆ You want this as a complete arc, or a bridge toward a future immersion

## This is not for you if

- × You are seeking a full ceremonial macrodose experience

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- × You are in active psychological crisis or acute instability

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- × You want the medicine without the structure or the sisterhood around it

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- × You are not able to commit to the full twelve-week arc



*This experience reached a place in me that had needed healing for a very long time. I feel more alive, grateful, and full of love than I have in my entire life.*

KIM · WOMEN'S CIRCLE

# Held by women who have walked this path.

You are not held by a protocol. You are held by people who understand this work because they have lived it.



**Kimberly Ocaña** CO-FOUNDER · SOMATIC TRAUMA-INFORMED GUIDE

A survivor herself, Kimberly built this circle around the safety she once needed. After eighteen years in corporate leadership, a healing journey with Ayahuasca and the Shipibo-Konibo people in Peru led her to plant-medicine facilitation. She is trained in somatic trauma-informed care and designed this women's circle as her answer to the rarity of that safety.



**Dana Mistretta** REIKI MASTER · PLANT MEDICINE CEREMONIALIST

A Reiki Master, intuitive guide, and sound practitioner with twenty-seven years in the wellness field and more than five years as a plant-medicine ceremonialist. Dana brings a deeply felt, energetically attuned presence to ceremony and integration — weaving sound healing, intuitive guidance, and Reiki into each phase of the arc.



**Dana Harvey** MEDICINE GUIDE · TRAUMA-INFORMED INTEGRATION

A former C-suite executive who left the corporate world after her own plant-medicine work opened a different path. Now trained in Psilocybin-assisted therapy, 5-MeO facilitation, microdose guidance, and trauma-informed integration, she understands the terrain of women navigating identity, power, and transition from the inside out.

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

# In their own words.

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*I no longer need my ADD meds and I'm taking very little of my anxiety meds. Things that would usually rattle me are transforming. I'm a better version of me. I don't worry so much — and if I do, I can quickly turn it around or see the silver lining.*

STEPHANIE · MINDFUL MICRODOSE PROGRAM

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*My experience at Ananda helped me to understand that change isn't scary or the enemy of peace — it is a portal. It's ok to let go, to surrender, to release the grip I had on patterns that no longer serve.*

GENEVIÈVE · MINDFUL MICRODOSE PROGRAM

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*I have all the tools I need within me. The care from the facilitators was beyond my expectations. Genuine care.*

ALESSANDRA · MINDFUL MICRODOSE PROGRAM

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*I feel a sense of contentment and groundedness that I can't remember ever having in my life.*

TRACY · MINDFUL MICRODOSE PROGRAM

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*I gained a deeper understanding and confidence in using the medicine. What surprised me was the sense of community — I didn't expect that.*

MINDFUL MICRODOSE PROGRAM PARTICIPANT

# Two ways to walk this circle.

Choose the container that fits how you want to be held. Both run the full 12-week arc, September 23 through December 16.

GROUP TRACK

## Sisterhood Circle

\$1,777

- ◆ 7 live group video sessions, twice monthly, 2 hours each
- ◆ 3 personal guardian sessions, 25 minutes each
- ◆ Guided Psilocybin microdosing protocol throughout
- ◆ 8 guidebooks with tools and deep inquiry practices
- ◆ Weekly emails: podcasts, articles, and videos
- ◆ Private community group between sessions
- ◆ Post-program guidebook with continued protocols
- ◆ Monthly payment plans available. Cost of medicine not included

PRIVATE TRACK

## Private Guardian Track

\$2,777

- ◆ 7 individual guardian sessions, twice monthly, 90 minutes each
- ◆ Guided Psilocybin microdosing protocol throughout
- ◆ 8 guidebooks with tools and deep inquiry practices
- ◆ Weekly emails: podcasts, articles, and videos
- ◆ Private community group between sessions
- ◆ Post-program guidebook with continued protocols
- ◆ Monthly payment plans available. Cost of medicine not included

## QUESTIONS

# What women ask before enrolling.

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Do I need prior experience with Psilocybin?

No. This program is built for women at every stage, including those with no prior experience with the medicine.

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How is my microdosing protocol determined?

Your guardian builds a personalized protocol with you during Phase One, based on the Fadiman method and adjusted to your body and your intention.

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Is this only for women who attended Reclamation?

No. Reclamation alumnae are welcome and often extend their integration here, but this circle is open to any woman ready for this work.

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Can this lead into a full immersion later?

Yes. Many women use this program as the bridge into a future Ananda Lodge retreat once they are ready for the ceremonial immersion.

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Where do I source the Psilocybin?

Sourcing is guided by your guardian and arranged by you individually. The cost of the medicine itself is not included in the program investment.

HOW TO BEGIN

# You don't have to leave your life to start reclaiming it.

There is no pressure here, and no rush. We begin by listening — to where you are, what you are carrying, and whether this circle is the right one for you.

1

## Reserve your call

A complimentary 30-minute Sacred Journey consultation.

2

## Feel the fit

We listen, answer everything, and never pressure.

3

## Hold your place

Limited spaces, held with intention.

BOOK A SACRED JOURNEY CONSULTATION

[calendly.com/anandaintake/ananda-sacred-journey-consultation](https://calendly.com/anandaintake/ananda-sacred-journey-consultation)

ENROLL IN THE SISTERHOOD CIRCLE

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