

RECLAMATION · A WOMEN'S PSILOCYBIN IMMERSION · FALL 2026

SEPTEMBER 5 – 12, 2026 · PLAYA GRANDE, COSTA RICA

# Reclamation

*Something in you remembers who you were before you learned to carry it all.*

BOOK A SACRED JOURNEY CALL

DOWNLOAD THE BROCHURE

8

Women, Max

7

Nights

3

Psilocybin Journeys

3:1

Staff Ratio

5

Facilitators

Sep 5 – 12

Playa  
Grande, CRwomen  
Only

\$4,995

Limited to 8

## WHO THIS IS FOR

*Your life looks good from the outside. Stable career, relationships, a life you built with intention. And yet something is missing. Not broken. Just dimmed. You are not in crisis. You are in stagnation, and somewhere underneath the routine you can feel the distance between who you are and who you actually are.*

*Exhausted without a clear reason why*

*Hormonally shifting and losing yourself in it*

*In a transition with your career, your relationship, or your sense of purpose*

*Holding it together on the surface, but underneath feeling empty, depleted, like something is missing*

*Disconnected from your body and the felt-sense of deep joy and pleasure*

*Nervous system in a constant state of hypervigilance, wired and tired at the same time*

*Doing the work. Still not breaking through.*

*Stable on the surface. Quietly starving underneath.*

Most women who come to Reclamation are in their early 30s to mid-60s. They are accomplished, self-aware, and at a place in life that is secure but no longer expanding. The life is built. What's missing is the aliveness inside it. This immersion is not for someone who needs to be fixed. It is for someone ready to be reclaimed.

## THE MEDICINE

# Psilocybin, held with *reverence*.

Burnout, nervous system overload, hormonal imbalance, disconnection from your body. These are not character flaws. They are patterns held in place by a nervous system that never got the signal it was safe to release. Psilocybin, in the right container, can reach what years of talk, insight, and willpower cannot.

*This immersion is not a retreat.*

It is a structured blueprint back to happiness, vitality, and self-leadership, built from ancient sacred wisdom and modern somatic psychology.

Every day is designed with intention. Every modality is chosen because it addresses a specific layer of what you are carrying.

The indigenous-led cacao ceremony opens the heart and the circle. Two elemental breathwork sessions clear what the body has been holding. Three Psilocybin journeys create the conditions for deep pattern interruption. The 5am ceremony pairs Psilocybin with two hours of live sound healing, reaching states the waking mind cannot access. Dream catcher weaving and art therapy give form to what the ceremonies surface. Beach, private chef, ocean-view rooms. This is where luxury and deep transformation meet.

*You leave with more than insight. You leave with tools, practices, and a community of women who made the same commitment.*

Guided by five practitioners who lead with integrity and expertise, each carrying something irreplaceable: somatic trauma-informed facilitation, Reiki and sound healing, Psilocybin-assisted therapy and microdose guidance, indigenous earth ceremony, and elemental breathwork. The

## WHAT MAKES THIS CONTAINER DIFFERENT

8

Women, maximum. Not for scale. For depth and precision of care.

5

Practitioners, each carrying a distinct medicine that addresses a specific layer of the work.

3

Psilocybin journeys, each calibrated to the elemental arc of the week.

3:1

Staff-to-guest ratio throughout the immersion.

This is not a normal retreat. It is structured so you leave with a blueprint, not just a beautiful experience. Tools, resources, and practices for real change in your life. Surrounded by women who want the same. Supported by practitioners who lead with integrity and deep expertise in their fields. Nothing in this week is decorative.

## IN THEIR WORDS

What women carry *home*.

*I received a nervous system reset and true healing. The program was meticulously planned and the education was incredibly valuable. I feel like I came home to*

*I have been struggling with symptoms of CPTSD my entire life. Since my immersion ended I have not been nauseated once. I feel so much lighter, clearer*

*The sisterhood was strong. The women were strangers on the first day and felt like blood sisters throughout. It was confidential, safe, and just everything I ever could*

NICOLE  
WOMEN'S PSILOCYBIN CIRCLE

*before.*

NIKKI  
WOMEN'S PSILOCYBIN CIRCLE

ANONYMOUS  
WOMEN'S PSILOCYBIN CIRCLE

*The medicine helped me deal with past trauma, let go of resentment and fears. The bonds our group made are so strong. We have a very active WhatsApp group and plan to meet up in the future.*

MARTA  
WOMEN'S PSILOCYBIN CIRCLE

*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 PSILOCYBIN CIRCLE

*I left forever changed. This was not just an experience. It was a remembering. A return to truth, to breath, to body, to spirit. I leave with a heart wide open and deeply grateful.*

JILL R.  
WOMEN'S PSILOCYBIN CIRCLE

THE ARC OF CARE

# Prepare. Immerse. Integrate.

Most programs focus on the ceremony alone. Lasting change needs a complete arc. The days before and the months after matter as much as the night itself.

PHASE ONE · PREPARE

PHASE TWO · IMMERSE

PHASE THREE · INTEGRATE

Three personal preparation sessions before you arrive. Your history is heard in full, your intentions are set through the lens of somatic psychology, and you complete an online orientation with your circle so you arrive already held.

- Thorough personal intake and history review
- somatic intention-setting process with your facilitator
- Online orientation with your circle
- Retreat toolkit: medicine guides and somatic workbook
- Dietary and preparation guidelines

ready.

Trauma-informed preparation isn't about managing risk. It's about building the container of safety that allows the medicine to work at depth. The quality of your preparation determines the quality of your opening.

- Reduces activation during ceremony
- Allows intention to guide the medicine
- Builds trust with your facilitators before arrival
- Creates coherence in the group container

FIT CHECK

# This immersion is right for you *if*.

THIS IS FOR YOU

- You are a woman navigating a genuine threshold. Career reinvention, relationship change, perimenopause, grief, a body that has carried too much for too long.
- You have done conventional support and found it insufficient. You are ready for something that works

THIS IS NOT FOR YOU IF

- You are seeking a recreational or purely psychedelic experience without a therapeutic or transformational intention.
- You have an active psychotic disorder, schizophrenia, or bipolar I disorder. These are contraindications for Psilocybin work

...safe enough to let go. You  
...safety in the container is the  
precondition for the work, not an afterthought.

- You can commit to the full arc: preparation calls before, seven nights fully present, integration calls after.
- You are drawn to somatic, body-based work. You want to feel the shift, not just understand it intellectually.
- You value intimacy over scale. Eight women, not eighty.
- You are willing to be witnessed, and to witness others.

...you are quite  
...medical care  
during intake.

- You are not yet ready to engage with what has been held in the body. This work requires willingness, not readiness in the sense of having it all together.
- You need a single transformational event to substitute for therapeutic support. Plant medicine is an ally, not a replacement for ongoing care.

YOUR GUIDES

## The women holding *the circle*.

Five facilitators hold this container, present from your first preparation call to the final integration session. You are never handed off, and never alone in it.

## Kimberly O'Neil

CO-FOUNDER · SOMATIC TRAUMA-INFORMED GUIDE · LEAD GUARDIAN



A survivor herself, Kimberly built this circle around the safety she once needed. After 18 years in corporate leadership, a profound healing journey with Ayahuasca and the Shipibo-Konibo people in Peru led her to leave her career and dedicate herself to plant medicine facilitation. She is trained in somatic trauma-informed care and knows, in her body, what it takes to feel safe enough to let go. She designed this women's circle as her answer to the rarity of that safety.

## Dana Mistretta

REIKI MASTER · INTUITIVE GUIDE · PLANT MEDICINE CEREMONIALIST



A Reiki Master, intuitive guide, and sound practitioner with 27 years in the wellness field and over five years as a plant medicine ceremonialist. Dana brings a deeply felt, energetically attuned presence to ceremony and integration. Her work weaves sound healing, intuitive guidance, and Reiki into each phase of the arc.

## Dana Harvey

MEDICINE GUIDE · MICRODOSE GUARDIAN · 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 specific terrain of women navigating identity, power, and transition from the inside out.

## Marian Paniagua

EARTH CEREMONIALIST · CACAO · SOMATIC YOGA



Brasilito-born trauma-informed yoga teacher and Reiki practitioner who leads cacao ceremonies in the Mayan tradition, woven with the indigenous Bribri and Chorotega legacy of Costa Rica. Marian holds the earth element of the container with deep roots in the land where Ananda sits. Her cacao ceremony opens the circle on Day 2.



A certified breathwork facilitator and professional dancer who guides breath, meditation, and somatic movement as a fully embodied path to healing. Hannelore leads the breathwork sessions woven throughout the week, including the Flow Breathwork on Day 3 and Breakthrough Breathwork on Day 6. Her work meets the body where medicine has opened the door.

INVESTMENT

One price. All of it *held*.

FOUNDING CIRCLE RATE · ALL-INCLUSIVE

\$4,995

Per woman. Includes all preparation, three Psilocybin journeys, seven nights accommodation, all meals, and three post-immersion integration sessions.

Pay in full \$4,995

Two-payment plan 2 x \$2,600

Three-payment plan 3 x \$1,800

EVERYTHING INCLUDED

- Three preparation sessions before arrival
- Indigenous-led cacao ceremony
- Three Psilocybin journeys, each shaped to the arc of the week
- 5am sunrise ceremony with two hours of live sound healing
- Two elemental breathwork sessions
- Energy-center restoration practices daily
- Dream catcher weaving workshop
- Voice activation and intuitive development
- Art therapy: watercolor
- Microdosing for wellness protocol
- Three post-immersion integration sessions
- 30-day group circle

- The Colibrí Circle community membership

## HOW TO BEGIN

Begin with a *conversation*.

- 1 Reserve your call**

Book a complimentary 30-minute Sacred Journey consultation. Emma, our Guest Experience Director, listens first.
- 2 Feel the fit**

We answer every question and share what the immersion actually involves. There is no pressure here, and no rush.
- 3 Hold your place**

If this is right, we hold your spot with a deposit. The circle is limited to eight women, held with intention.
- 4 Begin preparation**

Your three preparation sessions begin. Your retreat toolkit arrives. The arc starts the moment you say yes.

## Reclamation · Fall 2026

Reclamation: A Women's Psilocybin Immersion. Eight women. One circle. Playa Grande, Costa Rica.

Dates **September 5 – 12, 2026**

Investment **\$4,995 all-inclusive**

Container **8 women maximum**

Location **Playa Grande, Costa Rica**

[BOOK A SACRED JOURNEY CALL](#)

[DOWNLOAD THE BROCHURE](#)

Or reach us at [info@anandalodgecr.com](mailto:info@anandalodgecr.com)  
WhatsApp +506 6211 3733

QUESTIONS

# Frequently *asked.*

I have never worked with Psilocybin before. Is this appropriate for a first experience?	+
Why does Ceremony Two begin at 5am?	+
I am currently on antidepressants or anti-anxiety medication. Can I still participate?	+
Why is this circle women only?	+
How is this different from other Psilocybin programs?	+
What is the role of cacao in the immersion?	+
What is the typical age range of women in this circle?	+
What is included in the investment?	+

Something in you remembers who you were

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Ananda *Lodge*

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