



A 16-WEEK PROGRAM · 2027

The Empowered Path

*The retreat opens the door.
The path is what guides the way.*

PSILOCYBIN · SAN PEDRO · AYAHUASCA

Ten guests maximum · Playa Grande, Guanacaste, Costa Rica

The retreat alone is rarely enough.

A week of ceremony can show you exactly what needs to change. Then you fly home, life fills back in, and the clarity fades before it has a chance to take root. We have watched it happen too many times.

What has been missing in the retreat space is not more ceremony. It is what surrounds it. The Empowered Path was built to provide all four.

01 Continued care

Sixteen weeks, not eight days. Preparation before you arrive and three months of integration after, so the work is held on both sides of ceremony.

02 Attunement

The same guardians from the first call to the last. They know your story, your intentions, and your nervous system, so nothing surfaces without context and care.

03 Accountability

A small cohort and a team paying attention to what you said you wanted and the promises you make out loud. Being held to your own word is what turns insight into change.

04 Medicine on both sides of ceremony

A sacred microdose ally walks with you through preparation and integration. Before the retreat it brings clarity and awareness. After, it offers structure, guidance, and the clarity to organize what opened, while the window for change is still wide.

| *I truly, truly feel empowered.*

LINA · FIRST COHORT

WHO IT IS FOR

For the one ready to meet their next self.

A small cohort of devoted, committed people. You come resourced: the therapy, the coaching, the practice have served you well. Lately the toolkit has plateaued. You can sense a greater, more expansive version of yourself, and you are ready to move beyond what is comfortable to meet it.

FOR YOU IF

- ◆ You come resourced, and your toolkit has plateaued. What brought you here will not carry you further.
- ◆ You can sense the next version of yourself, and you are ready to leave what is comfortable to reach it.
- ◆ You say yes to trying on new things, even when they feel unfamiliar.
- ◆ You welcome coaching and honest feedback, and you let it change you.
- ◆ You are devoted to the work and committed to the full sixteen weeks.

NOT FOR YOU IF

- You want a week away without the structure before and after it.
- You want to be fixed rather than led through your own process.
- You have active psychosis, certain psychiatric histories, or medications that cannot be safely paused. Confirmed at intake.

“

It's not spiritual for me. But it did make me feel really good, and able to think about things differently.

JOANNE · FIRST COHORT

WHAT MAKES IT DIFFERENT

Small by necessity. Deep by design.

This work is about precision, and precision has a size limit. We take ten guests so we can be deeply attuned, working precisely with the medicine and with each person. Three things hold the depth.

01 · THE MICRODOSE ALLY

Medicine as companion, not event

Microdosing in preparation brings clarity and awareness before you arrive, so the retreat goes deeper and further. It creates the conditions for real connection, safety, and profundity in ceremony.

02 · MEDICINE GUARDIANS

One team, beginning to end

Your guardians hold the entire journey, creating continuity and a depth of trust you cannot build with strangers. A blend of transformational coaching, mentorship, and therapeutic presence.

03 · THE COHORT

Community as sustained medicine

Ten people moving through the same sixteen weeks become witnesses to each other's change. The circle keeps holding long after ceremony, and often becomes lifelong friendship.

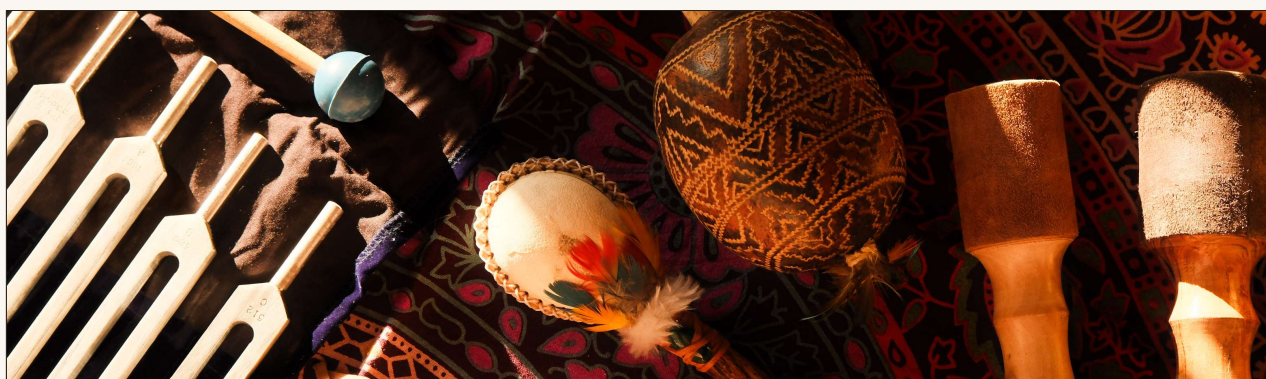
10	16	3	2
GUESTS, MAX	WEEKS HELD	CEREMONIES	SCHOLARSHIPS

"This amount of people allowed actual community to be built between all of us. Nothing is missing. Everything is within."

GUEST · FIRST COHORT

A sacred ally throughout the arc.

The medicine does not arrive on day one of the retreat and leave on day eight. It walks with you before and after, in small, precise doses that support the work rather than overwhelm it.



BEFORE · PREPARATION

Clarity and awareness

Patterns surface sooner. Intentions become specific. The medicine is no longer a stranger when you sit with it in ceremony, so you arrive with trust already built, and the retreat can go deeper and beyond.

AFTER · INTEGRATION

Structure, guidance, clarity

After ceremony, a great deal has opened at once. The microdose steadies the nervous system and brings the clarity to organize it: what matters most, what to act on first, what to let go. Insight becomes a plan, and the plan becomes how you live.

YOUR MICRODOSE ALLY · EVERY PATH

Psilocybin is the microdose ally on all three paths, whichever ceremonial medicine you choose.

Attune. Immerse. Anchor.

Sixteen weeks, one arc.

It begins with a thorough intake and alignment process, so we know each participant, their goals, and their intentions before the first call.

PHASE I · ATTUNE · WEEKS 1-4

Preparation

Building nervous system readiness and precise intentions, with the microdose ally bringing clarity.

- 2 individual preparation sessions
- 4 group preparation calls

PHASE II · IMMERSE · 8 DAYS, 7 NIGHTS

The all-inclusive immersion

Every retreat shares the same foundation. The ceremonies themselves are shaped by the medicine you choose.

- 3 sacred medicine ceremonies
- 2 breathwork sessions
- Art therapy
- Personal empowerment workshops
- Deep one-to-one counsel and support
- Time for personal healing services
- The beach
- Private chef, ocean-view suites

PHASE III · ANCHOR · THROUGH WEEK 16

Integration

Taking what the medicine showed you and building it into how you decide, speak, and live, with the microdose ally offering structure and clarity.

- 3 personal integration sessions
- 6 group calls, twice a month

Throughout all sixteen weeks: small group pairings, a WhatsApp community, and continued integration and resource materials.

CHOOSE YOUR PLANT ALLY

Three medicines. One path.

In 2027 we offer six Empowered Path programs across the three medicines we work with. The structure is the same. The medicine is yours to choose, and your alignment call helps you find the one that fits.



THE TEACHER

Psilocybin

For breaking out of rigid thinking, quieting anxiety, and building connection to self and others.

February 18–25



THE ILLUMINATOR

San Pedro

For seeing yourself and your patterns clearly. Rooting down, taking responsibility, and feeling fully. Forgiveness, compassion, clarity.

April 10–17



THE GRANDMOTHER

Ayahuasca

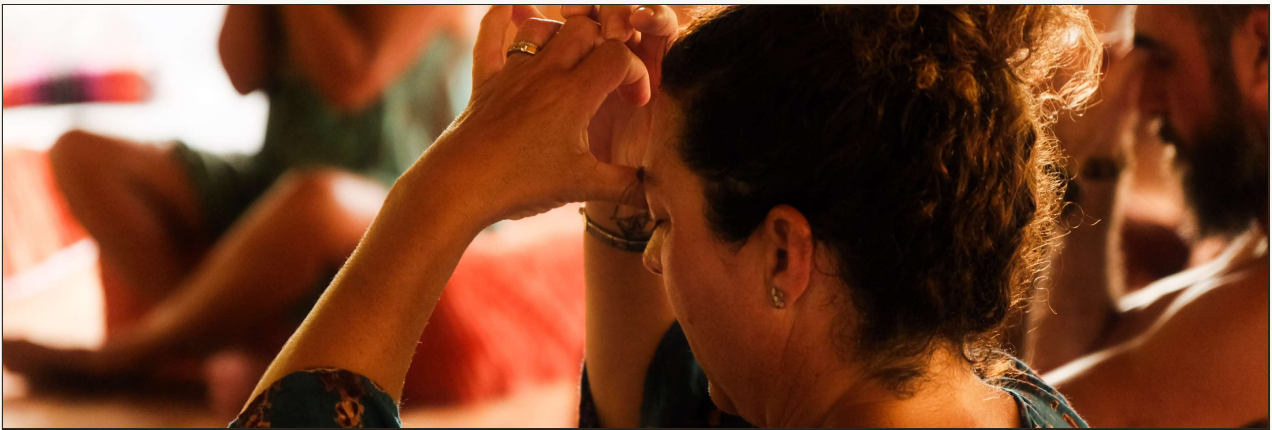
For those who keep arriving at the same wound. Works at the root. Asks more of you, and gives more.

June 12–19

Second-half 2027 dates to be announced.

Psilocybin, the teacher.

Psilocybin softens rigid patterns of thought, letting emotions, memories, and insight surface in new ways. It promotes neuroplasticity and quiets the loops that keep old patterns in place. Shorter and more reflective than other medicines, it is often a gentle entry into ceremonial work.



RETREAT	ENROLLMENT CLOSES	MICRODOSE ALLY
February 18–25	January 18	Psilocybin

HELD BY



Dana Mistretta
MEDICINE CARRIER & GUARDIAN
Twenty-seven years in wellness and facilitation. Walks the Beauty Way guided by her Indigenous teachers.



Kimberly Ocaña
MEDICINE CARRIER & GUARDIAN
Somatic, trauma-informed facilitator and integration guide. Fifteen years in coaching.



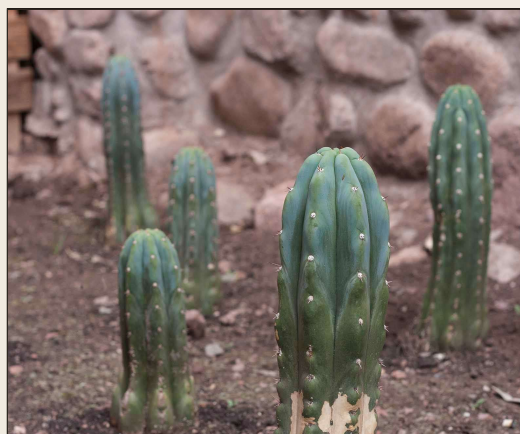
Marian
EARTH CEREMONIALIST
Trauma-informed yoga and Reiki practitioner leading cacao ceremony in the Mayan tradition.



Hanne
BREATHWORK FACILITATOR
Certified breathwork facilitator and dancer guiding breath and somatic movement.

San Pedro, the heart opener.

Huachuma is the medicine of the heart. For the fogginess, the flatness, the sense of moving through life without being fully in it. Where other medicines confront, this one opens. Where you have closed, it makes space for you to soften.



RETREAT

April 10–17

ENROLLMENT CLOSES

March 8

MICRODOSE ALLY

San Pedro or psilocybin

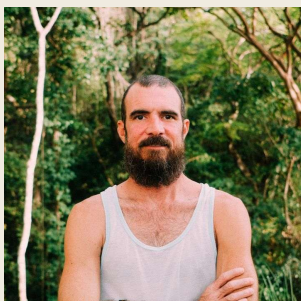
HELD BY



Dana Mistretta

GUARDIAN

Twenty-seven years in wellness and facilitation. Walks the Beauty Way guided by her Indigenous teachers.



Jason Ocaña

GUARDIAN

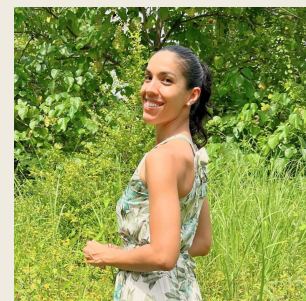
Retired firefighter paramedic. Calm strength in ceremony and one-to-one microdose work.



Chase Moore

SAN PEDRO MEDICINE CARRIER

Carries the Huachuma lineage and holds the San Pedro ceremonies.



Hanne

BREATHWORK FACILITATOR

Certified breathwork facilitator and dancer guiding breath and somatic movement.

Shipibo Ayahuasca, the grandmother.

For those who have done the work for years and keep arriving at the same wound. The insight is there, and yet the body returns to the same place. Ayahuasca works at the root, clearing patterns formed long before you were conscious of them. Held in the Shipibo tradition.



RETREAT

June 12–19

ENROLLMENT CLOSES

May 15

MICRODOSE ALLY

Psilocybin

HELD BY



Maestro Wilder

SHIPIBO MAESTRO

Over twenty-three years on the Shipibo healing path. Specialist in warmis plants for harmonizing relationships and restoring emotional connection.



Michal

AYAHUASCA GUARDIAN

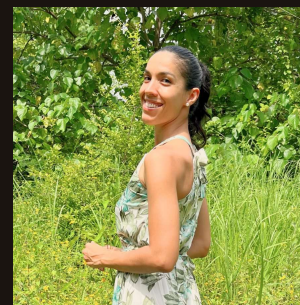
Co-founder of Imago Community. Two degrees in psychology, initiated through Santo Daime and trained with Colombian Taitas.



Emma

CEREMONIAL FACILITATOR

Ceremonial facilitator and musician working with the medicine of voice and sound. Devoted to plant medicine integration.



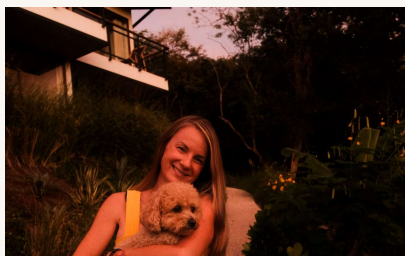
Hanne

BREATHWORK FACILITATOR

Certified breathwork facilitator and dancer guiding breath and somatic movement.

Students, teachers, and stewards.

Our guardians are students, teachers, and stewards of the medicines they work with. They hold the whole journey, from your intake to your final integration call, blending transformational coaching, mentorship, and therapeutic presence. You are never handed off.



Kimberly Ocaña

CO-FOUNDER

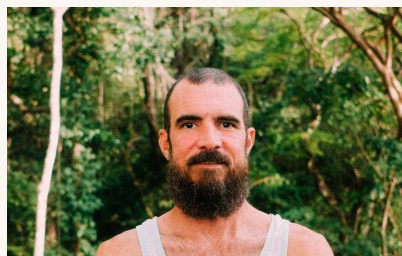
Somatic, trauma-informed medicine facilitator and integration guide with fifteen years in coaching. Apprenticing in the Shipibo-Konibo tradition.



Dana Mistretta

CEREMONIALIST · REIKI MASTER

Twenty-seven years in wellness and transformational facilitation. Co-founder of the Sanctuary of Consciousness, walking the Beauty Way guided by her Indigenous teachers.



Jason Ocaña

CO-FOUNDER

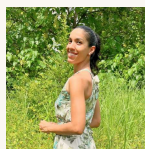
Retired firefighter paramedic who understands how trauma lives in the body. Experienced in group ceremony and one-to-one microdose protocols.



Marian

EARTH CEREMONIALIST

Brasilito-born trauma-informed yoga teacher and Reiki practitioner who leads cacao ceremonies in the Mayan tradition, woven with Costa Rica's Bribri and Chorotega legacy.



Hanne

BREATHWORK FACILITATOR · ALL PATHS

A certified breathwork facilitator and professional dancer guiding breath, meditation, and somatic movement as a fully embodied path to healing.



Chase Moore

SAN PEDRO MEDICINE CARRIER

Carries the Huachuma lineage and holds the San Pedro ceremonies.



Maestro Wilder

SHIPIBO MAESTRO

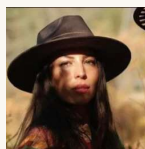
Has walked the Shipibo healing path for over twenty-three years, dieting and initiating with master plants including remo caspi, chihuahuaco, and palo voladora. Specializes in warmis plants, harmonizing relationships and restoring emotional connection. Present for the full retreat, with two individual consults for each guest.



Michal

AYAHUASCA GUARDIAN

Co-founder of Imago Community. Two degrees in psychology, initiated through Santo Daime, with deep study alongside Colombian Taitas, Peruvian Maestros, and Brazilian Pajés. Honors the law of origin while bringing integration the present time demands.



Emma

CEREMONIAL FACILITATOR

Mother, musician, and ceremonial facilitator rooted in indigenous wisdom traditions. Works with the medicine of sound and voice, and supports plant medicine integration, helping guests turn moments of expansion into sustainable, lived change.

THE PLACE

A place that feels like home to tend to your spirit.

Perched above Playa Grande with views of the Pacific and the Costa Rican jungle. Single-occupancy king suites with ocean views, teak open-air showers, and meals prepared daily by a private chef. Not clinical. Not transactional. Like arriving at a family member's home.



It truly felt like stepping into another realm, heaven found here on earth.

LINA · FIRST COHORT

Voices from the first cohort.

My intention coming was to have better communication with my partner. Our relationship has completely changed, flipped upside down and turned around.

CRYSTAL · FIRST COHORT

We walk through our lives all day meeting strangers, saying fine, fine, fine. Here we got to say not fine, with each other.

NICOL · FIRST COHORT

I found love and compassion. I found that what I really need is to stop killing myself 24/7 to find an end. It's the journey.

JERROD · FIRST COHORT

Four weeks of preparation, then three months of integration to help me carry it forward. I left with a true sense of self-acceptance.

LINA · FIRST COHORT

I came here to really find myself, feeling hopeless, unable to forgive myself for things from my childhood. I got all of that, and more.

CHRIS · FIRST COHORT

By the second ceremony, I felt the most immense amount of love I have ever felt. Going from a stranger to such deep connection so quickly is constantly incredible.

RACHAEL · FIRST COHORT

My intention in coming here was to feel better, and my intentions were met. Each person in the group has been so important. It's not spiritual for me. But it did make me feel really good.

JOANNE · FIRST COHORT

Viewing it from a bird's-eye view, everything I felt about myself, nothing about it was external. It was very internal.

AIMEE · FIRST COHORT

THE FIRST COHORT

Arrived as strangers.
Left as a circle.



From start to finish, this is the best retreat experience I've ever had. So much of an experience with plant medicine depends on the safety of the container. You have to be able to fully surrender and trust the process. They made that easy.

RICH · FIRST COHORT

Has led preparation and integration for over 120 people

EVERYTHING INCLUDED

One program. All of it held.

16 weeks of small group support and community

♦ Thorough intake and alignment process

2 individual preparation sessions

4 group preparation calls

8 day, 7 night all-inclusive immersion

3 personal integration sessions after the retreat

6 group calls, twice a month

♦ Small group pairings

♦ WhatsApp community

♦ Continued integration and resource materials

PROGRAM INVESTMENT

The full sixteen-week program. Ten guests maximum, with two places held for partial scholarships.

\$6,111

Limited spaces, held with intention.

Enrollment closes four weeks before each retreat so preparation can begin. Every path begins with an application.

MEDICINE

RETREAT

ENROLLMENT CLOSES

Psilocybin

February 18–25

January 18

San Pedro

April 10–17

March 8

Ayahuasca

June 12–19

May 15

IS THIS PATH RIGHT FOR YOU?

Five steps to find out, each one a chance to listen for your yes.

1

Apply

Share your story,
goals, and intentions.

2

Schedule an
alignment call

Explore fit and which
medicine calls you.

3

Reserve your
spot

Secure one of ten
places.

4

Complete
intake

Confidential medical
and safety screening.

5

Begin your
journey

Preparation opens
with your guardians.

APPLY NOW

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