



THE EMPOWERED PATH · 2027

Psilocybin

The teacher.

Three distinct ceremonies, with sixteen weeks of care
around them.

February 18–25, 2027

ATTUNE · IMMERSE · ANCHOR

Ten guests maximum · Playa Grande, Guanacaste, Costa Rica

Psilocybin, the teacher.

Psilocybin softens rigid patterns of thought, letting emotions, memories, and insight surface in new ways. It supports 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, and a deep one for those returning.



THREE CEREMONIES, EACH ONE DISTINCT

Not repeated. Each builds on the last, moving from opening to depth to community.

DAY 2 · EVENING

Opening the door

A carefully calibrated dose to build trust with the medicine, establishing safety in the body and a real relationship with the plant.

DAY 4 · 5:00AM

The dawn journey

Begun before sunrise, when the mind is most receptive. Crystal bowls, drums, and sound healing rise with the light over the Pacific.

DAY 6 · EVENING

Community & live music

A lemon tek preparation for a focused, deeper experience, with live medicine musicians guiding the night. Traditional rapé available.

RETREAT	CEREMONIES	GUESTS	MICRODOSE ALLY
Feb 18–25	Three	Ten, maximum	Psilocybin

◆ Around the ceremonies: cacao ceremony, two breathwork sessions, art therapy, empowerment workshops, one-to-one counsel, beach time, a private chef, and your own ocean-view suite.

By the second ceremony, I felt the most immense amount of love I have ever felt.

RACHAEL · FIRST COHORT

You know exactly why you do it. And you still do it.

You have built a life that works. You have done the therapy, the coaching, the practice, often for years. You can name every pattern and trace where it began. What has not happened is change that holds, in how you decide, how you speak, and how you love.

YOU MAY RECOGNIZE YOURSELF HERE

- ✦ Insight has stopped turning into change. You understand the loop and still run it.
- ✦ You say fine, fine, fine, and part of you knows it is not true.
- ✦ A relationship is asking something new of you, and the old ways of showing up are no longer enough.
- ✦ You are analytical, maybe skeptical. You want to know how this works and how you are kept safe. No belief system is required.
- ✦ You may be coming with your partner, each doing your own work, side by side.
- ✦ You have done retreats before, and you want this to be the time it lasts.

WHAT THE MEDICINE OFFERS

Insight that becomes character. Evening and dawn ceremonies turn the attention inward and loosen fixed patterns, so you feel what you already understand. Sixteen weeks of structure carry it into daily life.

WHAT IT ASKS OF YOU

Staying with the hard middle. One ceremony may be genuinely difficult, and staying with it is often where the shift happens. You are held through all of it.

Not certain this is your medicine? Your alignment call is where we decide together.

Attune. Immerse. Anchor. Every part has a purpose.

Preparation readies the nervous system and sharpens the intention. The retreat opens the door. Integration builds what you saw into how you decide, speak, and live. The same guardians and the same ten people hold you through all of it.

PHASE I · ATTUNE

Jan 18 – Feb 8

Preparation

2 personal intention & tracking calls

4 weekly cohort sessions

Microdose ally

PHASE II · IMMERSE

Feb 18–25

The retreat

8 days, 7 nights in Playa Grande

3 psilocybin ceremonies

All-inclusive

PHASE III · ANCHOR

Mar 8 – May 17

Integration

3 personalized pathway calls

6 cohort sessions

Microdose ally, two months

HOW THE SESSIONS ARE HELD

Cohort sessions

Live online, on Mondays, with your guardians and your cohort of ten. Weekly in Attune, every two weeks in Anchor. Session time is confirmed at enrollment.

Personal calls

One-to-one video calls with your guardian, booked at times that suit you. Two in Attune for intention and tracking, three in Anchor to shape your pathway.

Microdose ally

Psilocybin. Begins after Session 1 and pauses at Session 4, before the retreat. Picked up again at Session 5 and continued for two months.

Between sessions

Pod pair-ups, a WhatsApp community, daily routines and goals, and integration and resource materials to work with at your own pace.

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

GUEST · FIRST COHORT

Preparation. Setting the compass.

Attune builds the foundation. We focus on nervous system readiness, presence in daily life, and honing the intention for the work ahead. Safety is built individually and as a community, through one-to-one and group connection, with the support of your microdose ally.

SESSION 1

Directing the Compass

Mon, Jan 18

♦ MICRODOSING BEGINS

SESSION 2

Compassion, Forgiveness & the Science of Change

Mon, Jan 25

SESSION 3

The Body-Mind Connection (Somatics)

Mon, Feb 1

SESSION 4

Anchoring Journey Intentions

Mon, Feb 8

♦ MICRODOSE PAUSES BEFORE THE RETREAT

INCLUDED IN ATTUNE

- ♦ 2 personal intention & tracking calls
- ♦ 4 weekly cohort sessions, live online
- ♦ Psilocybin microdose ally
- ♦ Daily routines and personal goals

THE OUTCOME

A compass set. You arrive in Costa Rica regulated, connected to your circle, and clear on the direction you are headed.

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

Seven nights, held in rhythm.

Three ceremonies, each followed by a day to rest, integrate, and return to the body. Breath, art, and the beach weave through the week.

DAY 1 · THU FEB 18

Arrival & Grounding

2:30pm	Group shuttle departs Liberia Airport
4:00pm	Check-in at Ananda
4:30pm	Welcome refreshments
5:00pm	Group welcome
6:45pm	Dinner

DAY 2 · FRI FEB 19

Building Trust

8:00am	Cacao ceremony
9:30am	Breakfast
10:30am	Ceremony preparation
1:00pm	Lunch
2:00pm	Dosage consultations
6:00pm	Ceremony One

DAY 3 · SAT FEB 20

Integration & Breath

9:00am	Breakfast
10:00am	Group integration
1:00pm	Lunch
3:30pm	Flow breathwork · dosage consultations
6:30pm	Dinner

DAY 4 · SUN FEB 21

Dawn Deepening

5:00am	Ceremony Two · fruit offering
12:30pm	Lunch
Aftn.	Silent reflection · free time
4:30pm	Beach walk
6:30pm	Dinner

Schedule is a guide and may shift with the needs of the group.

DAY 5 · MON FEB 22

Integration & Microdose

9:00am	Breakfast
10:30am	Group integration
1:00pm	Lunch
4:30pm	Microdose workshop
6:30pm	Dinner

DAY 6 · TUE FEB 23

Community Medicine

8:00am	Breakthrough breathwork
9:45am	Breakfast
11:00am	Resiliency workshop
1:00pm	Lunch
6:00pm	Ceremony Three · live music, grounding nourishment

DAY 7 · WED FEB 24

Integration & Art

9:00am	Breakfast
10:30am	Group integration
1:00pm	Lunch
2:00pm	Art therapy
4:30pm	Sunset beach walk
7:00pm	Dinner celebration

DAY 8 · THU FEB 25

Departure

8:00am	Closing circle
9:30am	Breakfast
11:00am	Check-out & departure

Integration. Living what you saw.

Anchor is the emergence of the new self, and empowerment for the way forward. We take what the medicine showed you and build it into how you decide, speak, and live, with the microdose ally offering structure and clarity. Community deepens as medicine through group sessions, pod pair-ups, and three personalized pathway calls that help each guest walk the path of empowerment and build their own resource toolkit.

BEGINS TWO WEEKS AFTER THE RETREAT · EVERY TWO WEEKS, LIVE ONLINE

SESSION 5	The Integration Pathway ♦ MICRODOSING RESUMES FOR TWO MONTHS
Mon, Mar 8	
SESSION 6	Listening & Pattern Re-Programming
Mon, Mar 22	
SESSION 7	Moving Through Contractions, Authentic Power & Acceptance as Freedom
Mon, Apr 5	
SESSION 8	Personal Integrity & Discernment
Mon, Apr 19	
SESSION 9	Truth, Purpose & Aligning Actions
Mon, May 3	
SESSION 10	Celebration
Mon, May 17	

INCLUDED IN ANCHOR

- ♦ 3 personalized pathway calls
- ♦ 6 cohort sessions, live online
- ♦ Two months with the microdose ally
- ♦ Pod pair-ups and WhatsApp community

TOOLS YOU WILL BUILD

- ♦ Daily micro habits
- ♦ Healthy, compassionate communication
- ♦ Good boundaries for healthy relationships
- ♦ Your own personal resource toolkit

THE OUTCOME

Aligned action with real results. You name what needs to change to live in joy, clarity, and abundance, and you begin to change it.

Your guardians, from first call to last.

The same team holds every phase. They know your story, your intentions, and your nervous system, so nothing surfaces without context and care. You are never handed off.



Kimberly Ocaña

CO-FOUNDER · MEDICINE CARRIER & GUARDIAN

Kimberly co-founded Ananda Lodge after her own corporate burnout led her to plant medicine. She is a certified somatic, trauma-informed medicine facilitator with over fifteen years in personal coaching, mentored by Atira Tan, and a sound-healing therapist and herbalist. She apprentices in the Shipibo-Konibo tradition and walks beside each guest as a humble servant of the work.



Dana Mistretta

MEDICINE CARRIER & GUARDIAN · REIKI MASTER

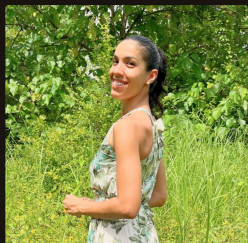
Dana brings twenty-seven years in wellness and transformational facilitation, eight of them devoted to sacred plant medicine. In 2018 she moved to Peru to apprentice with Huachuma alongside other plant teachers. Co-founder of the Sanctuary of Consciousness, she walks the Beauty Way guided by her Indigenous teachers, and brings vulnerability, embodiment, and warm presence to everyone she holds.



Marian

EARTH CEREMONIALIST

Born in Brasilito, just down the coast, Marian is a trauma-informed yoga teacher and Reiki practitioner. She leads cacao ceremony in the Mayan tradition, woven with the Bribri and Chorotega legacy of Costa Rica, grounding the circle in the land before the medicine work begins.



Hanne

BREATHWORK FACILITATOR

A certified breathwork facilitator and professional dancer, Hanne guides breath, meditation, and somatic movement as a fully embodied path to healing. She leads both breathwork sessions of the retreat, helping guests move what the mind alone cannot.

“So much of an experience with plant medicine depends on the safety of the container. You have to be able

Limited spaces, held with intention.



PROGRAM INVESTMENT

The full sixteen weeks: intake, Attune, the all-inclusive eight-day retreat, and Anchor. Ten guests maximum, with two places held for partial scholarships.

\$6,111

ENROLLMENT CLOSES

January 17, 2027

ATTUNE BEGINS

January 18

RETREAT

February 18–25

WHAT IS INCLUDED

- ◆ All-inclusive stay
- ◆ Preparation
- ◆ Supporting materials and guidebooks
- ◆ Art therapy
- ◆ Onsite group and individual integration
- ◆ Intake
- ◆ Integration
- ◆ Group shuttle transportation
- ◆ Two breathwork sessions

NOT INCLUDED

Plant medicine fee	\$150
Microdose medicine from aligned partners	\$125
Onsite add-on services	Optional

IS THIS PATH RIGHT FOR YOU?

1

Apply

2

Alignment call

3

Reserve your spot

4

Complete intake

5

Begin the path

APPLY NOW

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