



A PSILOCYBIN MICRODOSE CIRCLE · SUMMER 2027

Summer *Illumination*

*The season of full light.
Harvest what you have grown.*

JUNE 7 – AUGUST 30, 2027

The Mindful Microdose Program · Twelve weeks · Virtual, from anywhere

THE INVITATION

You have done the work. Now let it show.

Summer is the season of harvest. The intentions you planted earlier in the year, the inner work you have been quietly tending — this is when it asks to be seen, lived, and expanded into.

Summer Illumination offers twelve weeks to gather what has grown, bring light to what is still hidden, and expand into a fuller expression of who you are — from home, alongside up to fifteen others moving through the season together. Not someone to be fixed. Someone to be recognized.

Running on empty and still showing up

Everyone's needs before your own

Doing everything right, still feeling flat

Disconnected from your own body

Growth that hasn't found its expression yet

Ready to take up more space in your own life

| *What has been growing in the dark is ready for the light.*

THE PROMISE

Twelve weeks of harvest and expansion.

The Mindful Microdose Program is a guided Psilocybin microdose protocol, a sacred structure, and a small circle moving through it beside you — built to do nervous-system repair and self-reclamation work without asking you to leave your life to begin it. For some, 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

15

SPACES ONLY

W H Y S U M M E R

Expansion instead of effort

Summer is the longest light of the year — a natural season of growth, openness, and fullness. This circle meets that energy with a structure, a medicine, and people to expand alongside, so what you harvest becomes the way you live.

Insights that have not yet become how you live

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 fully alive again

The circle is how this work gets held — a small group stepping into the light of the season, at the same time, alongside each other.

Phase I: The Path

Where you are, met with compassion

JUNE 7

Where You Are

Naming what is true right now, without judgment.

Microdosing begins

JUNE 21

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
- Name what you are ready to harvest this season
- 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 people walking this with you

Phase II: The Way

The wisdom body, the deeper feelings, the boundary

JULY 5

Reconnecting to the Body

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

JULY 19

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, illumination, and the truth you carry forward

AUGUST 2

Expansion

Full reclamation of your essence.

AUGUST 16

Trust, Leadership, Truth

Determining how you move forward.

Carrying your light into the rest of 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 for the seasons ahead
- Confidence in your own leadership, starting with yourself
- A completed arc you carry forward, not leave behind
- A circle you remain connected to after the program ends

AUGUST 30

Celebration

IS THIS YOU

A circle for anyone ready to expand.

This is for you if

- ◆ You have been doing inner work and are ready to harvest what it has grown
- ◆ You are functioning well on the outside and depleted underneath it
- ◆ You want structure and community, not a passive wellness subscription
- ◆ You are ready to build a real relationship with Psilocybin, at a measured pace
- ◆ 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
- × You are in active psychological crisis or acute instability
- × You want the medicine without the structure or the circle around it
- × You are not able to commit to the full twelve-week arc



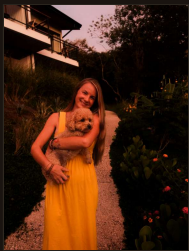
This experience reached a place in me that had needed healing for a very long time. I feel more alive, grateful, and full of love than I have in my entire life.

KIM · ANANDA LODGE GUEST

YOUR GUARDIANS

Held by guides 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 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.

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

ANANDA LODGE GUEST · 2025

In their own words.

“

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

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

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

ALESSANDRA · MINDFUL MICRODOSE PROGRAM

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

TRACY · MINDFUL MICRODOSE PROGRAM

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

What stays with them.

“

The guide books and resources were great. I found myself on pace and intuitively stepping into the next phase before the next guidebook arrived. I did spend a lot of time with the guidebooks and kept pace. They were transforming. I'm joyful, filled with gratitude, and living in the present. I'm creative and writing again.

MINDFUL MICRODOSE PROGRAM PARTICIPANT

At the Mindful Microdose Program I was able to delve deeper into childhood trauma and find new ways to heal with support from the community.

MINDFUL MICRODOSE PROGRAM PARTICIPANT

One circle. Fifteen places.

The full twelve-week arc, June 7 through August 30, 2027. Enrollment closes May 24, so the circle can be prepared before the season begins.

GROUP CIRCLE

Summer Illumination

\$1,555

ENROLL BY

May 24, 2027

CIRCLE SIZE

Up to 15 people

- ♦ 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

Step into the light of the season — fully, and in good company.

QUESTIONS

What people ask before enrolling.

Do I need prior experience with Psilocybin?

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

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.

Is this open to everyone?

Yes. This circle is open to anyone ready for this work. Ananda Lodge alumni are welcome and often use it to extend their integration.

Can this lead into a full immersion later?

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

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

Let this be the summer you expand.

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

Fifteen spaces, held with intention. Enrollment closes May 24.

BOOK A SACRED JOURNEY CONSULTATION

calendly.com/anandaintake/ananda-sacred-journey-consultation

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