



WOMEN'S PSILOCYBIN & CACAO IMMERSION · SPRING 2027

Reclamation

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

MARCH 5 TO 12, 2027

Up to twelve women · One sacred circle · Playa Grande, Costa Rica

THE INVITATION

This is not a brochure. It is an invitation.

You have spent years holding things together: for your work, your family, the people who lean on you. You have done the inner work, read the books, kept going. And still, something quiet in you is asking for more than maintenance. It is asking to come home.

This immersion is for the woman at a crossroads. Not someone to be fixed, but someone to be recognized. We hold space without judgment for your story and your process, at your own pace, in a circle small enough that you are never a face in a crowd.



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

JASMINE · RETURNING GUEST

THE MEDICINE

Psilocybin, held with reverence.

Psilocybin softens the walls we build to survive and lets us meet ourselves with honesty and tenderness. But the medicine is only part of the work. Meaningful change happens not only in the mind, but through the body and the nervous system. That is why every ceremony here is wrapped in trauma-informed, somatic support, from the first breath to the last.

I2

WOMEN, MAX

7

NIGHTS

3

JOURNEYS



THE MEDICINE, PREPARED WITH REVERENCE

WHY WOMEN

Held in a circle of women.

Our founder, Kimberly, is a survivor. She knows, in her body, what it takes to feel safe enough to let go, and how rare that safety can be. This circle is her answer: a women-only container built on empowerment through self-discovery and community.

Here, the work honors the unique lifecycles a woman moves through. There is nothing to perform and no one to convince. Only women, holding women, in a space made for the truth.



"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

YOUR GUIDES

The women holding the circle.

Four 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 Ocaña

CO-FOUNDER & TRAUMA-INFORMED GUIDE

A survivor herself, Kimberly built this circle around the safety she once needed: women holding women, without judgment.



Dana Mistretta

REIKI MASTER & MEDICINE WOMAN

Reiki Master, intuitive guide and sound practitioner with 27 years in wellness; a plant-medicine ceremonialist of more than five years.



Marian Paniagua

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.



Hannelore

BREATHWORK FACILITATOR

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

I was taken care of in a way I had never felt before. Every part of me was seen.

WOMEN'S CIRCLE · 2025

Prepare. Immerse. Integrate.

Most retreats focus on the ceremony alone. We believe lasting change needs a complete arc, and that the days before and the months after matter as much as the night itself.

PHASE ONE · PREPARE

Three personal preparation sessions before you arrive: a thorough intake of your history, intentions set through the lens of somatic psychology, and an online orientation with your circle, so you arrive already held.

PHASE TWO · IMMERSE

Seven nights in an intimate, women-only container. A heart-opening cacao ceremony, three uniquely designed psilocybin journeys, and a 5am sunrise ceremony with sound healing therapy to accompany and deepen the work with psilocybin, alongside daily energy-center restoration, breathwork, voice activation, art therapy and meals from our private chef.

PHASE THREE · INTEGRATE

Three months of personal integration work, a virtual group session, and ongoing resources for integration support.



THE CEREMONIES

Three nights, three doorways.

Each of the three journeys is designed for where you are in the week: building trust, then depth, then connection. You are supported in body and breath from the first to the last.

CEREMONY ONE

Opening the Door

BUILDING NERVOUS-SYSTEM READINESS & TRUST

A gentle, carefully calibrated first dose: learning the language of the medicine. The focus is establishing safety in the body, beginning to recognize adaptive patterns, and building trust with the plant ally, the facilitators and the circle. Facilitators stay close, offering somatic support throughout.

CEREMONY TWO

The 5am Journey

THE DAWN DIFFERENCE

Our signature ceremony begins at 5am, when the brain naturally drops into the theta states essential for deep healing. You begin as the sun rises and nature wakes; sound frequencies are introduced to support release and transcendence. Silence and sound become doorways into the subtle.

CEREMONY THREE

Community & Music

LEMON TEK & SACRED CONNECTION

Our final ceremony uses the Lemon Tek method for a more focused experience, journeyed alongside the circle with live medicine musicians shaping the sonic landscape. The emphasis is connection: to yourself, to the group, to the healing that has unfolded. Traditional Amazonian hapé is available for those who feel called.

Why we begin at 5am.

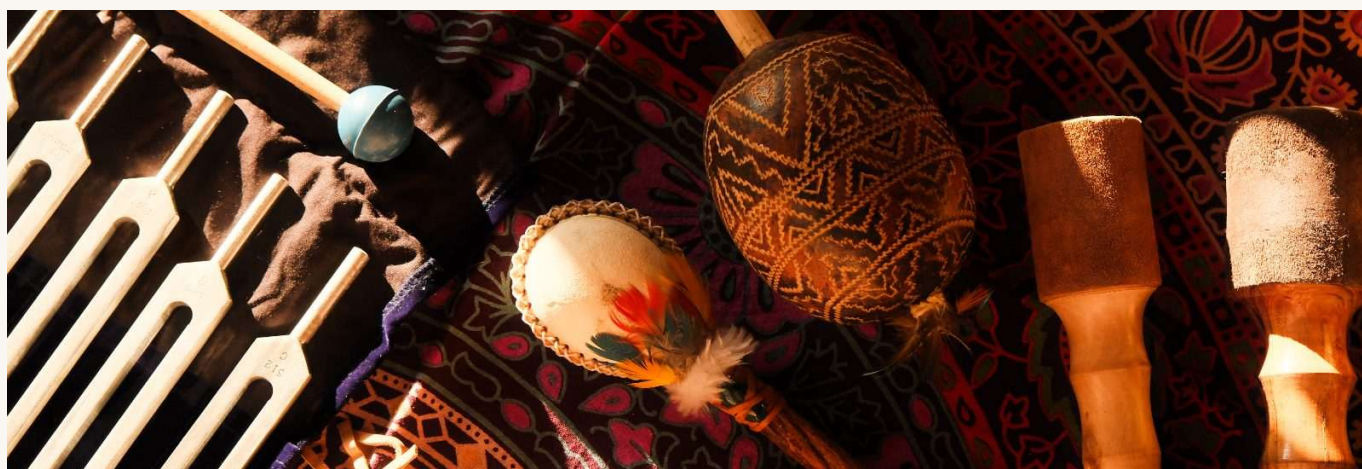
In the early-morning hours your brain naturally produces more theta brainwaves, the state reached in deep meditation, REM sleep and flow. Less information crowds the mind, and the threshold between conscious and unconscious is at its thinnest. We meet the medicine there, as the sun rises.

THE NEUROSCIENCE

- ✦ The subconscious is most accessible
- ✦ Neuroplasticity is heightened
- ✦ The mind carries less noise from the day
- ✦ The veil between conscious and unconscious is thinnest

THE VIBRATIONAL MEDICINE

- ✦ Crystal bowls resonate with the body's cells
- ✦ Drums entrain the heartbeat and nervous system
- ✦ Gongs create powerful clearing and release
- ✦ Chimes guide you gently back to integration



The sound provided a sonic architecture for my journey, allowing me to surrender more fully and access places within myself that might otherwise remain protected.

From root to crown.

The week moves through the body in sequence, rebuilding the nervous system from the ground up. Each pair of days works with an element and an energy center, pairing ancient earth wisdom with somatic resourcing.

DAYS 1 TO 2

Earth & Water

ROOT & SACRAL

Grounding, safety and self-nourishment. Recognizing and releasing survival patterns; meeting sadness, grief and shame; reawakening creative flow, the sensual body and the feminine essence.

DAYS 3 TO 4

Fire & Air

SOLAR PLEXUS & HEART

Personal power and sacred rage. Stoking the fire within, reclaiming the full essence of the heart, and meeting purpose with self-compassion.

DAYS 5 TO 6

Ether & Light

THROAT & THIRD EYE

Voice activation and the power of discernment: truth from lies. Manifestation, the unlocking of intuition, and a roadmap for what you are learning to embody.

DAYS 7 TO 8

Cosmic

CROWN & INTEGRATION

Connection to the sacred, altar-building and living prayer, embodied spirituality. Integration as self-honor, and microdosing for health and sustainable change.



THE RHYTHM OF THE WEEK

Seven nights, held in rhythm.

DAY 1 · MAR 5 Arrival & Grounding

2:30 PM Pick-up, Liberia Airport
4:00 PM Arrive at Ananda
4:30 PM Welcome refreshments
5:00 PM Group welcome
6:45 PM Dinner

DAY 3 · MAR 7 Integration & Breath

9:00 AM Breakfast
10:00 AM Group integration
1:00 PM Lunch
3:30 PM Flow breathwork
· Dosage consultations
6:30 PM Dinner

DAY 5 · MAR 9 Integration & Microdose

9:00 AM Breakfast
10:30 AM Group integration
1:00 PM Lunch
4:30 PM Microdose workshop
6:30 PM Dinner

DAY 7 · MAR 11 Integration & Art

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

DAY 2 · MAR 6 Building Trust

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

DAY 4 · MAR 8 Dawn Deepening

5:00 AM Ceremony Two
· Fruit offering
12:30 PM Lunch
· Silent reflection, free time
4:30 PM Beach walk
6:30 PM Dinner

DAY 6 · MAR 10 Community Medicine

8:00 AM Breakthrough breathwork
9:45 AM Breakfast
11:00 AM Resiliency workshop
1:00 PM Lunch
6:00 PM Ceremony Three · live music
· Grounding nourishment

DAY 8 · MAR 12 Departure

8:00 AM Closing circle
9:30 AM Breakfast
11:00 AM Departure

Timings are a guide. The rhythm of the circle leads.

THE PLACE

Where the jungle meets the sea.

Perched in the mountains above the Pacific in Playa Grande, the lodge is a place that does its own quiet work on you. Ocean-view rooms with open-air showers and secluded balconies. A natural stone pool, hanging chairs, a yoga shala, and a walking path through the jungle to the beach.



This land is truly restorative. If you are feeling the call to do real inner work and reconnect with who you really are, Ananda is where you want to be.

CHRISTINA · WOMEN'S CIRCLE

“I came to Ananda feeling stressed, discouraged, in physical pain and burned out. I’m leaving with so much lightness.”

I attended the 8 day women’s Reclamation psilocybin retreat in September 2026 and highly, highly recommend Ananda Lodge for your next spiritual and psychedelic experience. The accommodations were gorgeous, comfortable, immaculate and restorative. The private chef Camilo creates pure magic in the kitchen, and I am forever grateful for the intentionality he poured into every meal.

The ceremony space was enchanting and full of life, and the three separate journeys were all different but aligned with the elemental and chakra themes we were learning about. My favorites: a cacao ceremony with a wonderful local woman named Marian, sound bath and rhythmic explorations by co-owner Kimberly, live music during the final ceremony, a watercolor art class with a talented local artist named Sophie, and two trips to the beach to swim and let the waves wash away anything that was no longer serving us.

Kimberly and Dana were the best medicine women I could have ever hoped for, and they will forever be in my heart. They created such a sense of safety and understanding that I believe is unmatched. Their knowledge of the medicine and all things within their unique powers is beyond description. They introduced me to possibilities in the world I had been unaware of and can’t wait to explore.

As an Army veteran who flew helicopters in three combat deployments to Iraq, spanning three years of my 27 year career, I came to Ananda feeling stressed, discouraged, in physical pain and burned out. I’m leaving with so much lightness, the ability to help regulate my own nervous system through tools I learned, more in tune with my body, a little less pain and a reset nervous system. I used to call all of this “woo-woo,” but now it’s just pure God-given magic that we all have access to.

Don’t hesitate to inquire about their military and first responder scholarships if money is a barrier. I can’t recommend this enough. It’s way better than any talk therapy or medicine I’ve ever experienced.

EVERYTHING INCLUDED

One price. All of it held.

♦ Three preparation sessions

Personal calls before you arrive.

♦ Three psilocybin journeys

Each ceremony shaped to where you are.

♦ Heart-opening cacao ceremony

A gentle opening to the circle.

♦ Sunrise ceremony & sound healing

Sound healing therapy to deepen the work with psilocybin.

♦ Energy-center restoration

Daily practices to return to balance.

♦ Somatic tools & breathwork

Guided sessions that stay with you.

♦ Two elemental breathwork sessions

Facilitated by Hannelore.

♦ Voice & intuitive development

Reconnecting with your own knowing.

♦ Art therapy watercolor class

Expression beyond words.

♦ Three integration sessions

One-to-one, in the months after.

♦ Microdosing for wellness

A protocol for the path home.

♦ Ocean-view accommodations

Open-air shower & secluded balcony.

♦ All meals by private chef

Farm-to-table, prepared fresh daily.

INVESTMENT · PER WOMAN · ALL-INCLUSIVE



Private Ocean View King

\$4,995

Your own ocean-view king room.



Bring a Friend · Shared Ocean View

\$3,995

Share an ocean-view room with a friend. Must book together.

SCHOLARSHIPS Two partial scholarships are available. Ask us about them on your consultation call.

ENROLLMENT CLOSES Feb 19, 2027

HOW TO BEGIN

Begin with a conversation.

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 to twelve women, held with intention.

BOOK A SACRED JOURNEY CONSULTATION

BOOK YOUR CONSULTATION

info@anandalodgecr.com · WhatsApp +506 6211 3733 · anandalodgecr.com · Playa Grande, Costa Rica