



ANANDA LODGE



A PSILOCYBIN COUPLES EXPERIENCE · 8 COUPLES

Sacred Union

Six days to choose each other again.

FEBRUARY 10 TO 15, 2027

PLAYA GRANDE · COSTA RICA

The spark is still there. Now is the time to bring it back to life.

Somewhere between careers, children, and the work of running a life, the connection that once came easily went quiet. You became good partners in logistics. You once drove 200 miles for a kiss. Now you can't remember the last real one.

Sacred Union is six days away from every role you play at home, for couples who are not in crisis and not willing to settle. This is not a vacation. It is intentional work on yourself and your relationship, done with your safest person.

◆ Talk that stays on the surface

Schedules, kids, bills. Rarely what you actually feel.

◆ Date night that is just dinner

Time together that no longer feels like being together.

◆ Intimacy on a schedule

Touch that became routine, pressured, or rare.

◆ Two people managing a life

Partners in logistics, missing the ones who chose each other.

8

COUPLES
MAXIMUM

2

CEREMONIES

6

DAYS ON SITE

Feb 14

VALENTINE'S
DAY, TOGETHER

WHY THIS EXISTS

Two marriages, changed by this work.



Kimberly and Jason

FOUNDERS, ANANDA LODGE

Years as a firefighter paramedic left Jason carrying more than he could name. Plant medicine gave him a way to set it down, and gave us back the closeness we had lost. Ananda exists because of what this work did for our marriage.



Cathi and Logan

MARRIED 20+ YEARS

Cathi became a marriage therapist because of what she lived in her own marriage. Logan spent his career as a police officer, where men are taught not to talk about what they feel. Together they now teach couples to become their own marriage therapists.

FOR THE PARTNER WHO IS NOT SURE

You may not want to fly to the jungle to talk about your feelings. That is a reasonable place to start.

There is no one to perform for and nothing you have to share before you are ready. You will have a men's circle held by Logan, your own private space, and time to be with your partner without the noise of home.

| *Our relationship completely changed, flipped upside down.*

Two ceremonies. One practice of touch.

CEREMONY I · THURSDAY EVENING · COMING HOME TO YOURSELF

Partners sit side by side, each on their own inner path. Before you can meet each other, each of you returns to who you are beneath the roles.

CEREMONY II · SATURDAY AT 5 AM · MEETING EACH OTHER

Our dawn ceremony, held with crystal bowls, drums, and sound as the sun rises over the Pacific. You sit as a couple, with one shared intention.

SENSATE FOCUS

Sensate focus is a structured practice of gentle, non-sexual touch, first developed by Masters and Johnson to help couples release performance pressure. There is nothing to achieve. You slow down and experience one another again, with curiosity instead of expectation.

Bodies change. Desire changes. Parenthood, stress, aging, and life transitions all shape how intimacy feels. Cathi teaches the practice in the group. You practice it privately, in your own suite, at your own pace.

OUR PROMISE ON PRIVACY

All intimate practice stays completely private between you and your partner. Teaching happens in the circle. Everything else happens behind your own door.

FEBRUARY 10 TO 15, 2027

Six days, one arc.

First you come home to yourself. Then you meet each other. Then you celebrate what you rebuilt, on Valentine's Day, with no medicine at all.

DAY 1 · WEDNESDAY, FEB 10

Arrival and landing

Liberia airport pick-up, welcome, opening circle with the couples and team, dinner, an evening to yourselves.

DAY 3 · FRIDAY, FEB 12

Integration and play

Integration circle, men's circle with Logan and women's circle, sensate focus teaching and private practice, couples cooking experience, early rest.

DAY 5 · SUNDAY, FEB 14

Valentine's Day, re-choosing

Communication workshop with Cathi and Logan, sensory experience, re-choosing ritual, sunset sail, celebration dinner.

DAY 2 · THURSDAY, FEB 11

Opening the heart

Morning cacao ceremony, ceremony preparation, individual dosage consultations. Ceremony I at 6 PM.

DAY 4 · SATURDAY, FEB 13

Meeting each other

Ceremony II at 5 AM with sound healing, fruit offering, quiet rest, couples massage, beach walk, private practice.

DAY 6 · MONDAY, FEB 15

Carrying it home

Closing circle and your go-forward agreements, breakfast, your post-retreat consultation scheduled, departure.

A SHAPE, NOT A SCRIPT. TIMINGS SHIFT WITH WHAT THE GROUP NEEDS.

BEYOND CEREMONY

Remember how to play together.

◆ Couples cooking

Make dinner together with the private chef.

◆ Couples massage

Side by side, after the dawn ceremony.

◆ Sunset sail

Valentine's Day on the Pacific.

◆ Sensory experience

Taste, touch, and presence, awake again.

◆ Cacao ceremony

A gentle opening of the heart.

◆ Re-choosing ritual

Speak what you choose, out loud.

YOUR TEAM

Held by the Ananda team, supported by Cathi and Logan.



Kimberly Ocaña

CO-FOUNDER · CEREMONY GUARDIAN

Certified somatic, trauma-informed medicine facilitator trained through Atira Tan. ICF coach of over fifteen years.



Dana Mistretta

CEREMONY GUARDIAN

Reiki Master Teacher and ceremonialist with twenty-seven years in health and wellness. Co-founder of the Sanctuary of Consciousness.



Cathi Long, MS, LMFT-QS

THERAPEUTIC SUPPORT

Licensed Marriage and Family Therapist and Qualified Supervisor. Trained in the Gottman Method, EMDR, and psychedelic-assisted psychotherapy.



Logan Long, MA

CO-FACILITATOR

Former police officer who co-develops trainings on first responder trauma. He brings the partner's perspective, and holds the men's circle.

Built for couples who want more.

THIS IS FOR YOU IF

- ◆ You love each other and miss who you were together
- ◆ You both choose to come, freely
- ◆ You want tools, not just a beautiful week
- ◆ You are ready to look at yourself, not only your partner

THIS IS NOT THE RIGHT FIT IF

- You are in crisis or separating
- There is any violence or coercion in the relationship
- One partner is coming to please the other
- Either of you has contraindicated conditions or medications

Each partner completes a confidential intake and screening individually.

INVESTMENT · ALL-INCLUSIVE

\$7,995 PER COUPLE · PAYMENT PLAN AVAILABLE

- ◆ Two psilocybin ceremonies
- ◆ Sensate focus teaching
- ◆ Couples communication workshop
- ◆ Couples massage
- ◆ Ocean-view king suite, five nights
- ◆ Individual intake for each partner
- ◆ Liberia airport pick-up
- ◆ Cacao ceremony
- ◆ Men's and women's circles
- ◆ Couples cooking experience
- ◆ Valentine's Day sunset sail
- ◆ All meals by private chef
- ◆ Post-retreat couples consultation
- ◆ Maximum eight couples

Registration closes January 24, 2027, or when the eight suites are filled. A 50% deposit of \$3,997.50 secures your suite, with the balance due before arrival.

BOOK YOUR SACRED JOURNEY CALL