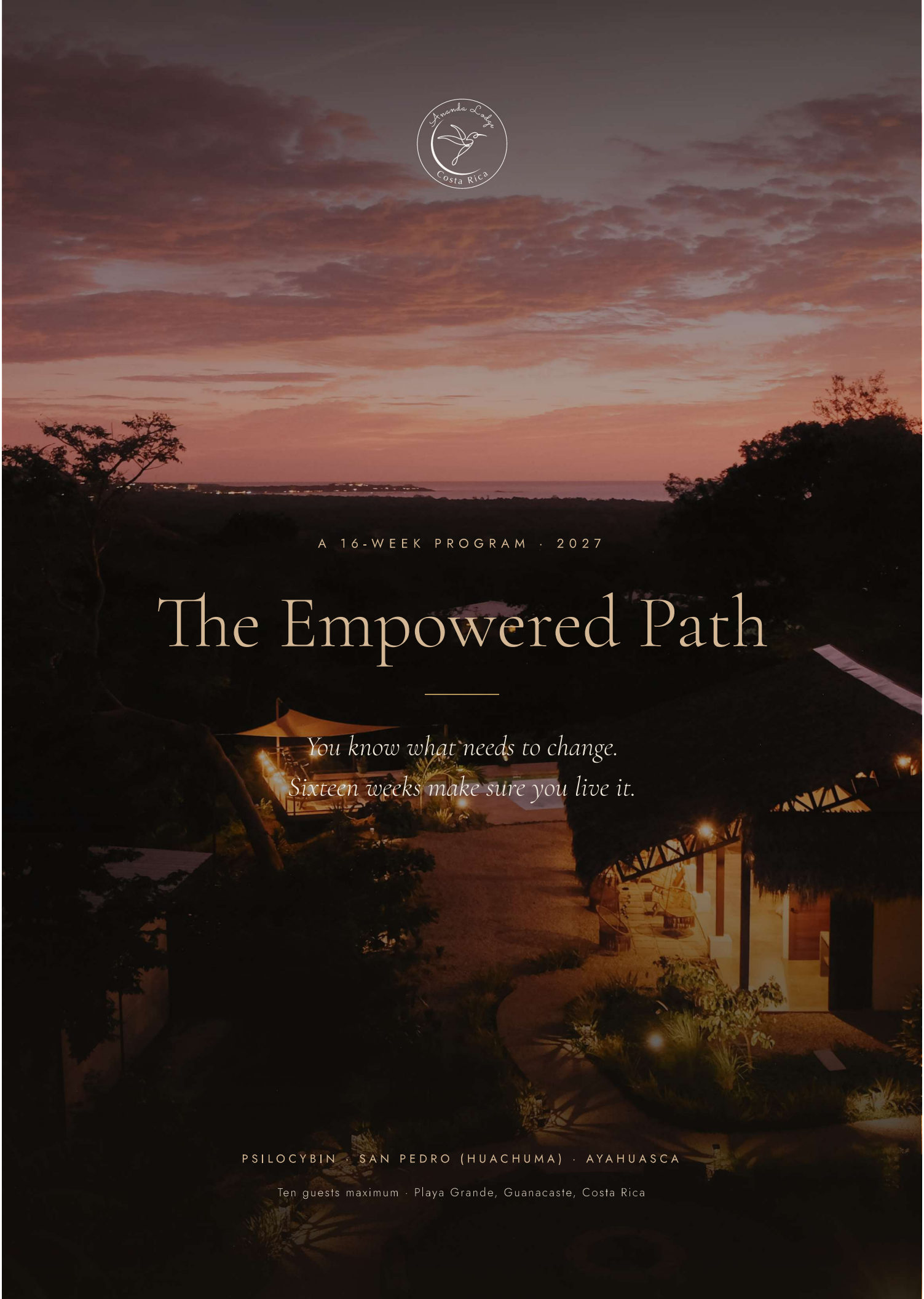


A 16-WEEK PROGRAM · 2027

The Empowered Path

You know what needs to change.
Sixteen weeks make sure you live it.

PSILOCYBIN · SAN PEDRO (HUACHUMA) · AYAHUASCA

Ten guests maximum · Playa Grande, Guanacaste, Costa Rica

WHY IT WAS CREATED

The retreat alone is rarely enough.

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

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**

Your Empowered Path guardians walk with you from intake to your final call. They know your story, your intentions, and how you meet pressure, 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. The commitments you name in Attune are the ones you track in Anchor. 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 those who know what needs to change, and are ready to live it.

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 have seen what needs to change, in therapy, coaching, or ceremony, and it has not lasted.
- ✦ 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 want to be held to your own word, by people who will notice.
- ✦ 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 the medicine or the team to do the work for you. The medicine gives as much as you give.
- Some health conditions and medications are not compatible with plant medicine. Every medication is reviewed with you at intake.
- You do not have the time or space to give sixteen weeks right now.

> *"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 Empowered Path guardians walk with you from intake to your final call. Each guest has a primary guardian. 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, and notice when someone slips. 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

THE MICRODOSE ALLY

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 supports steadiness 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.

The microdose pauses 5 to 7 days before the retreat and resumes after your first Anchor session, as your guardian guides.

THE PROGRAM

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

Naming the change you came for, preparing body and mind, and setting precise intentions, with the microdose ally bringing clarity.

- Intake call and 2 personal guardian calls
- 4 weekly group sessions

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 bodywork and one-to-one services
- The beach
- Private chef, ocean-view suites

PHASE III · ANCHOR · THROUGH WEEK 16

Integration

Commitments you name, keep, and track.

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 individual tracking calls
- 6 group sessions, twice a month

Throughout all sixteen weeks: small group pairings, a WhatsApp community, preparation and integration guidebooks, and a summary with resources after every call.

CHOOSE YOUR PLANT ALLY

Three medicines. One path.

Master plants are teachers, long known as tools of knowledge. In 2027 we offer six Empowered Path programs across the three medicines we work with. The structure is the same. Each medicine teaches differently, and none more deeply than another. Your alignment call helps you find the one calling you.



THE CONNECTOR

Psilocybin

For the curious, self-aware seeker. Composts what no longer serves and reconnects you to who you are beneath the pattern.

February 18-25



THE ILLUMINATOR

San Pedro

For the busy mind that has talked it through and still feels stuck. A master teacher of truth, held in daylight and in nature.

April 9-16



THE PATH OPENER

Ayahuasca

For those called to ayahuasca, new to the medicine or seeking study. Travels to the root and opens paths forward in a life.

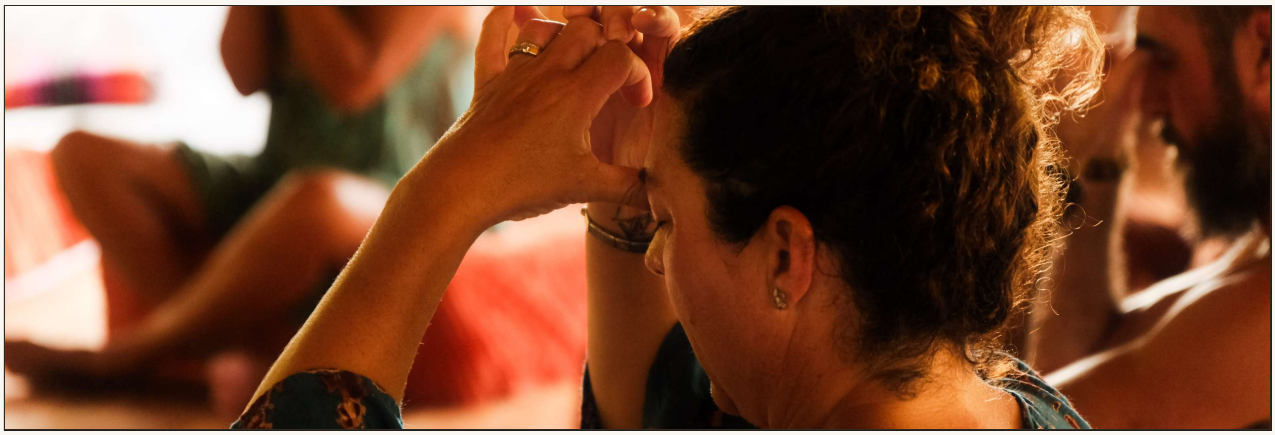
June 11-18

Second-half 2027 dates to be announced.

PATH ONE · FEBRUARY 2027

Psilocybin, the Connector.

For the curious, self-aware seeker whose patterns keep running the show. The medicine lights up mental and emotional pathways and composts what no longer serves, reconnecting you to who you are beneath the pattern. You study where your patterns began, how they built your reality, and how to step into choice.



RETREAT	REGISTRATION CLOSES	MICRODOSE ALLY
February 18-25	February 4	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 guardian 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

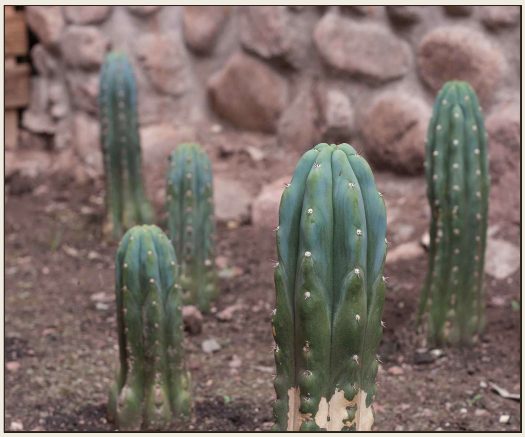
Certified breathwork practitioner and dancer guiding breath and somatic movement.

PATH TWO · APRIL 2027

San Pedro (Huachuma), the Illuminator.

A master teacher of truth, held in daylight and in nature. For the busy mind that has talked it through and still feels stuck, or can see where it wants to go but not the way there. The medicine illuminates what is out of alignment with truth, love, and integrity, and calls you to own your choices, your words, and your actions.





RETREAT	REGISTRATION CLOSES	MICRODOSE ALLY
April 9-16	March 8	Psilocybin

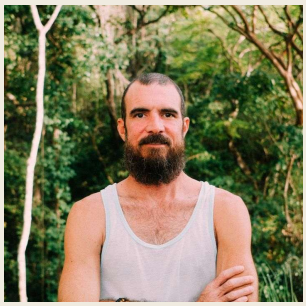
HELD BY



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

Huachumero trained in Peru by Bernhard Karshagen. More than a decade with San Pedro (Huachuma); holds the ceremonies.



Hanne

BREATHWORK FACILITATOR

Certified breathwork facilitator and dancer guiding breath and somatic movement.

PATH THREE · JUNE 2027

Shipibo Ayahuasca, the Path Opener.

For those called to ayahuasca, whether new to the medicine or seeking deeper study of the self. Vine-like, the medicine travels to the root, personal and ancestral, and opens paths forward in a life. Held in the Shipibo tradition: three night ceremonies with Maestro Wilder, two individual consultas, and the full dieta. An apprenticeship of the self.



RETREAT	REGISTRATION CLOSES	MICRODOSE ALLY
June 11-18	May 28	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. Weaves and connects the studies of the Andes and the Amazon.



Emma

AYAHUASCA GUARDIAN

Ayahuasca guardian and musician working with the medicine of voice and sound. Devoted to plant medicine integration.



Hanne

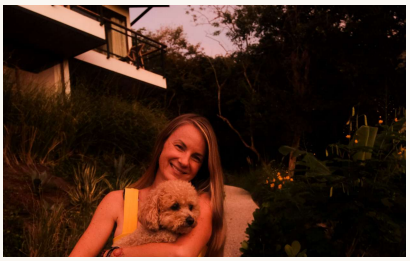
BREATHWORK FACILITATOR

Certified breathwork practitioner and dancer guiding breath and somatic movement.

MEDICINE GUARDIANS

Students, teachers, and stewards.

Our guardians are students, teachers, and stewards of the medicines they work with. They walk with you from intake to your final call, blending transformational coaching, mentorship, and therapeutic presence. Each guest has a primary guardian.



Kimberly Ocaña

CO-FOUNDER

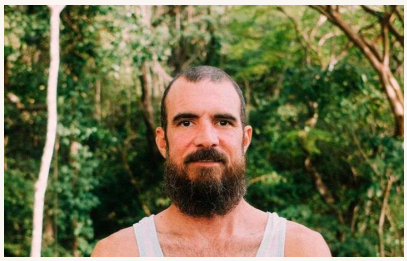
Somatic, trauma-informed medicine facilitator and integration guide with fifteen years in coaching. Apprenticing in the Shipibo-Konibo tradition.



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 · 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

Huachumero trained in Peru by Bernhard Karshagen. Works exclusively with San Pedro (Huachuma), with more than a decade on the path and extensive traditional diets. 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 consultas 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

AYAHUASCA GUARDIAN

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.

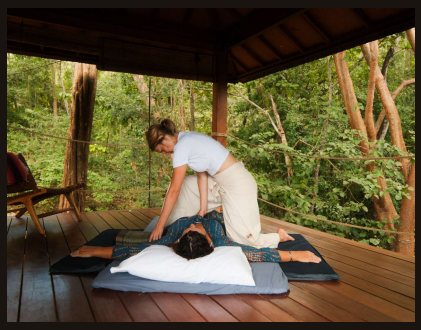
THE PLACE

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

IN THEIR WORDS

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

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

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

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

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

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

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

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	Intake call and 2 personal guardian calls
4	4 weekly group sessions in Attune
8	day, 7 night all-inclusive immersion
✦	Roundtrip group shuttle from Liberia Airport
3	3 individual tracking calls after the retreat
6	6 group sessions, twice a month
✦	Small group pairings
✦	WhatsApp community
✦	Preparation and integration guidebooks, and a summary after every call

PROGRAM INVESTMENT

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

Not included: plant medicine fee, $150, paid onsite; microdose medicine, about $100 plus shipping.

$6,111

2027 ENROLLMENT

Limited spaces, held with intention.

Every path begins with an application. Registration closes two weeks before each retreat; join before Attune begins to receive the full sixteen weeks.

MEDICINE	RETREAT	REGISTRATION CLOSES
Psilocybin	February 18-25	February 4
San Pedro (Huachuma)	April 9-16	March 8
Ayahuasca	June 11-18	May 28

IS THIS PATH RIGHT FOR YOU?

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

1

Apply

Share your story, the change you want, and your intentions.

2

Alignment call

Explore fit and which medicine is calling you.

3

Enroll

Reserve one of ten places.

4

Intake

A call with your guardian, including health and safety screening.

5

Registration confirmed

Microdose steps, session dates, and your first guardian call.

6

Begin Attune

Preparation opens with your guardians and cohort.

APPLY NOW

anandalodgecr.com · info@anandalodgecr.com · WhatsApp +506 6211 3733 · US +1 239 398 8847