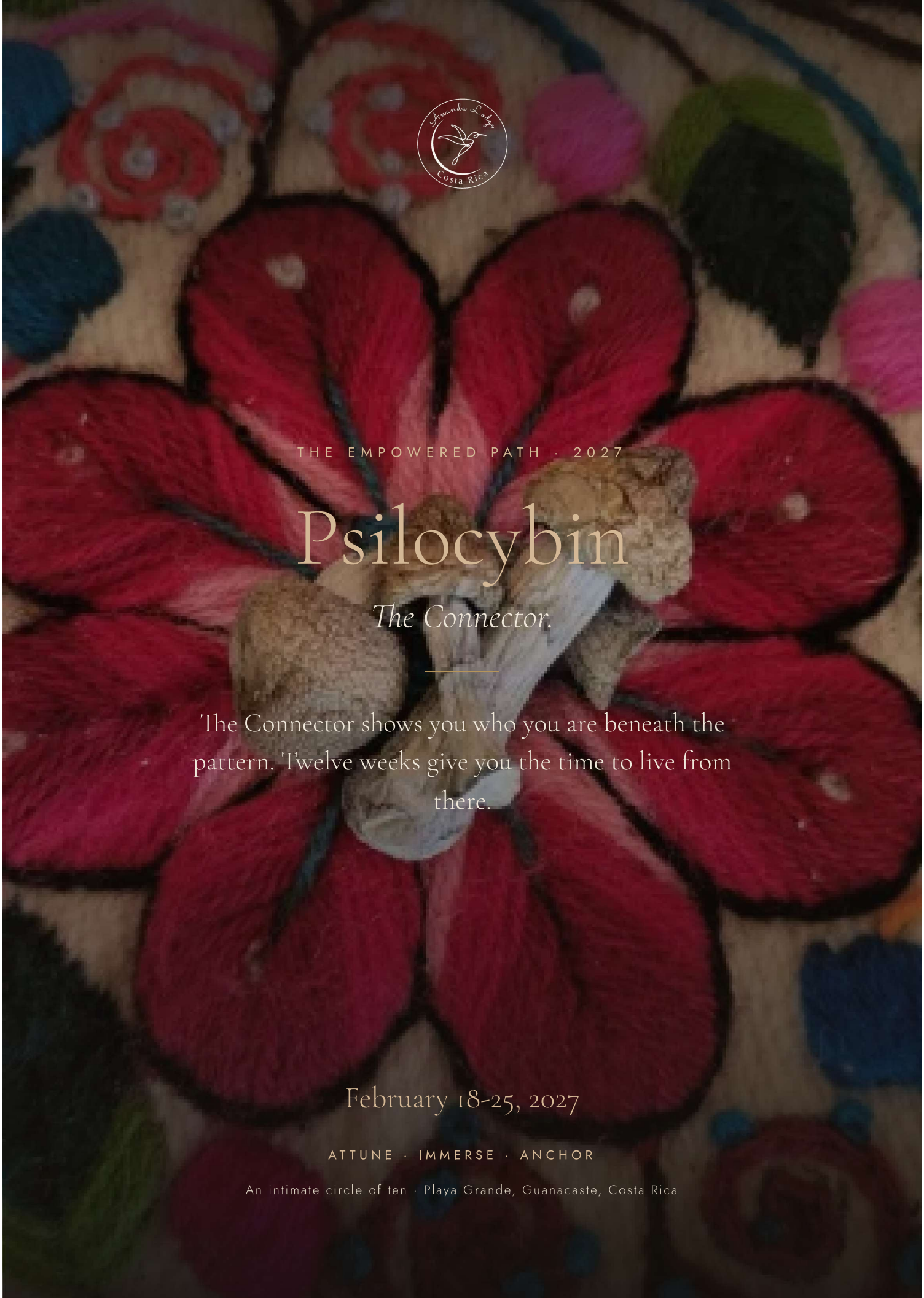


THE EMPOWERED PATH · 2027

Psilocybin

The Connector.

The Connector shows you who you are beneath the pattern. Twelve weeks give you the time to live from there.

February 18-25, 2027

ATTUNE · IMMERSE · ANCHOR

An intimate circle of ten · Playa Grande, Guanacaste, Costa Rica

WHO PSILOCYBIN CALLS · THE CURIOUS, SELF-AWARE SEEKER

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

Therapy, coaching, or practice may have taken you this far. You can name the 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 have had a breakthrough before, in ceremony or elsewhere, and watched it fade.
- You know better, and you are tired of not doing better.
- You have worked with the medicine on your own. What was missing was a witness, a structure, and people who would hold you to what you saw.
- You are analytical, maybe skeptical. No belief system is required.
- A relationship is asking something new of you.

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. Twelve 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. The medicine gives as much as you give. The twelve weeks are where you give it.

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

THE MEDICINE · THE RETREAT

Psilocybin, the Connector.

Psilocybin composts what no longer serves and reconnects you to who you were before the pattern took hold, seen in a new way. It meets you where you are. It can be tender, and it can reach layers that feel hard.



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 ceremony

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	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

THE TWELVE-WEEK ARC

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

Attune names the change you came for and sharpens the intention. The retreat opens the door. Anchor builds what you saw into how you decide, speak, and live. Your Empowered Path guardians and a cohort of ten hold you through all of it.

PHASE I · ATTUNE

Jan 18 to Feb 8

Preparation

45-minute intake call
2 personal guardian 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 to Apr 19

Follow-through

3 individual tracking calls
4 cohort sessions
Microdose ally

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. Change made small enough to repeat on an ordinary Tuesday, with sessions that keep you showing up when motivation drops.

Personal calls

One-to-one video calls with your primary guardian, booked at times that suit you. Two in Attune to build trust and set your intention, three in Anchor to track your commitments.

Microdose ally

Psilocybin, an invitation and not a requirement. Begins in Attune and pauses 5 to 7 days before the retreat. May resume after your first Anchor session, as your guardian guides.

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

PHASE I · ATTUNE · JANUARY 18 TO FEBRUARY 8

Preparation.
Setting the compass.

Attune builds the foundation. We focus on readiness in body and mind, 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.

ATTUNE 1 Mon, Jan 18	Directing the Compass ✦ MICRODOSING BEGINS
ATTUNE 2 Mon, Jan 25	The Lens of Observation
ATTUNE 3 Mon, Feb 1	The Body-Mind Connection (Somatics)
ATTUNE 4 Mon, Feb 8	Anchoring Your Intentions ✦ 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 grounded, 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

PHASE II · IMMERSE · FEBRUARY 18-25

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 · 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

PHASE III · ANCHOR · MARCH 8 TO APRIL 19

Follow-through. 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 AFTER THE RETREAT · EVERY TWO WEEKS, LIVE ONLINE

ANCHOR 1	Mon, Mar 8	The Integration Pathway ✦ MICRODOSE MAY RESUME AFTER THIS SESSION
ANCHOR 2	Mon, Mar 22	Listening & Pattern Re-Programming
ANCHOR 3	Mon, Apr 5	Contraction, Integrity & Discernment
ANCHOR 4	Mon, Apr 19	Authentic Power, Truth & Aligned Action

INCLUDED IN ANCHOR

- ✦ 3 personalized pathway calls
- ✦ 4 cohort sessions, live online
- ✦ The microdose ally, as your guardian guides
- ✦ 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.

WHO HOLDS YOU

Your guardians, across all twelve weeks.

Your Empowered Path guardians hold every phase. Each guest has a primary guardian who knows your story, your intentions, and how you meet pressure, so nothing surfaces without context and care. They listen beneath the words and name the pattern you cannot see from inside it.



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 guide 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 work, 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 · ONSITE

A certified breathwork practitioner 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.*
>
> RICH · FIRST COHORT

INVESTMENT · ENROLLMENT

Limited spaces, held with intention.







PROGRAM INVESTMENT

The full twelve weeks: intake, Attune, the all-inclusive eight-day retreat, and Anchor. An intimate circle of ten, with two places held for partial scholarships.

Accepted applicants reserve their place with a 50% deposit.

$6,111

REGISTRATION CLOSES	ATTUNE BEGINS	RETREAT
February 4, 2027	January 18	February 18-25

WHAT IS INCLUDED

- All-inclusive stay
- Eight weeks of Anchor follow-through
- Art therapy
- Intake
- Supporting materials and guidebooks
- Two breathwork sessions
- Preparation
- Roundtrip group shuttle from Liberia Airport
- Onsite group and individual integration

IS THIS PATH RIGHT FOR YOU?

1. Apply
2. Alignment call
3. Reserve your spot
4. Complete intake
5. Registration confirmed
6. Begin the path

> *My intention coming was to have better communication with my partner. Having him here made it so powerful. I think our relationship has completely changed, flipped upside down and turned around. And I'm so excited about that.*

CRYSTAL · FIRST COHORT

APPLY NOW

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