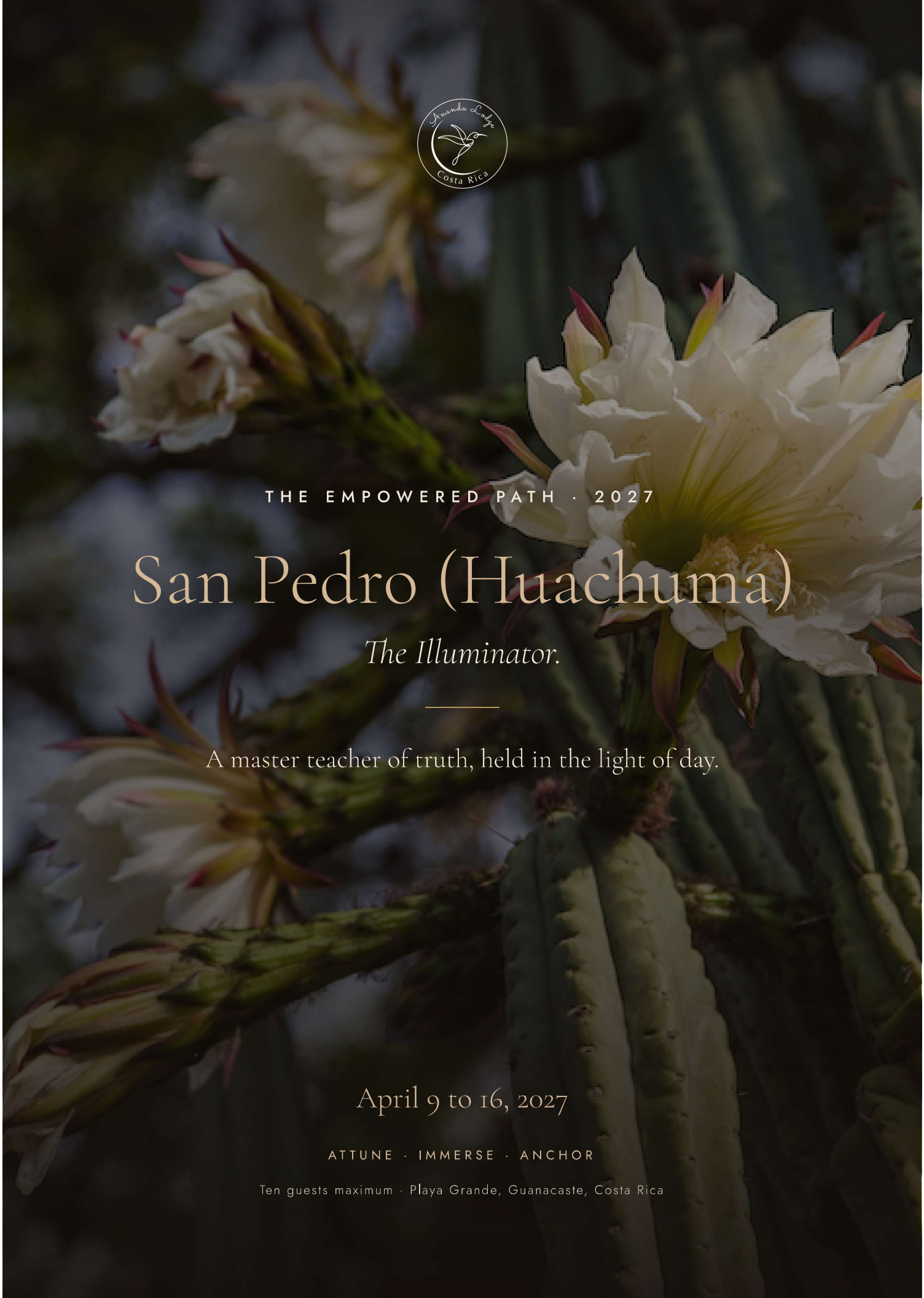


THE EMPOWERED PATH · 2027

San Pedro (Huachuma)

The Illuminator.

A master teacher of truth, held in the light of day.

April 9 to 16, 2027

ATTUNE · IMMERSE · ANCHOR

Ten guests maximum · Playa Grande, Guanacaste, Costa Rica

San Pedro (Huachuma), the Illuminator.

San Pedro (Huachuma) is a sacred cactus of the Andes, a plant that grows upright toward the sun and is fueled by light. The medicine is often described as a gentle heart opener. Both can be true, and neither is the whole story. San Pedro is a master teacher of truth, illuminating what is out of balance or out of alignment with truth, love, and integrity, so you can see clearly and feel who you are at your core.

The medicine meets you at your pace, your capacity, and your intention. Some moments are gentle and some are stern, and both serve the work. Ceremony runs about eight hours, and the effects of the medicine can last twelve hours or more.



THREE DAYTIME CEREMONIES

Each held from 8:30am on a day of fasting, outdoors with the land, and each followed by a full day of integration.

DAY 2 · 8:30AM

Ceremony One

The first opening. Building trust with the medicine and letting the body settle into the land.

DAY 4 · 8:30AM

Ceremony Two

A deeper day with the medicine, with the safety of the first ceremony already in your body.

DAY 6 · 8:30AM

Ceremony Three

The closing ceremony, gathering what has been illuminated and carrying it toward home.

RETREAT	CEREMONIES	GUESTS	MICRODOSE ALLY
Apr 9-16	Three, by day	Ten, maximum	Psilocybin

✦ Around the ceremonies: fruit offerings, breathwork, gentle yoga, art therapy, time for rest, healing or one-to-one support, beach sunsets, a private chef, and your own ocean-view suite.

> *I feel more alive, joyful, grateful and full of love than I have in my entire life.*

KIM · SAN PEDRO IMMERSION GUEST

WHO THE MEDICINE CALLS

You can see where you want to go. The way there is less clear.

Your mind is busy. You overthink, overdo, and overprocess, and something still stays stuck. You may have talked it through for years, and something is still missing. San Pedro (Huachuma) calls people who are ready to quiet the noise, see what is true, and take action.



YOU MAY RECOGNIZE YOURSELF HERE

- Your mind rarely rests, and thinking it through no longer moves you forward.
- You know what you want, and you cannot yet see the path to it.
- Grief, sadness, anger, guilt, or resentment are waiting to be felt.
- Your days leave little room for rest, play, or presence.
- You are ready to reclaim your boundaries, speak your truth, and hold yourself accountable.

WHAT THE MEDICINE TEACHES

- Truth: feeling it, seeing it, and knowing when something is true
- Ownership of your choices, words, thoughts, and actions
- Healthy boundaries, spoken clearly and with compassion
- Forgiveness of yourself and others
- Where you give your power away, and how to call it back

WHAT THE MEDICINE ASKS

Reciprocity. The medicine gives as much as you give. Presence, honesty, and responsibility: to root down, own what you see, and let yourself feel it.

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

THE SIXTEEN-WEEK ARC

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

Preparation names the change you came for and sharpens the intention. The retreat opens the door. Integration builds what you saw into how you decide, speak, and live. Your guardians and your cohort hold you through all of it.

PHASE I · ATTUNE

Mar 9 to Mar 29

Preparation

45-minute intake call
2 personal guardian calls
4 weekly cohort sessions
Microdose ally

PHASE II · IMMERSE

Apr 9-16

The retreat

8 days, 7 nights in Playa Grande
3 daytime San Pedro ceremonies
All-inclusive

PHASE III · ANCHOR

Apr 26 to Jul 6

Integration

3 individual tracking calls
6 cohort sessions
Microdose ally

HOW THE SESSIONS ARE HELD

Cohort sessions

Live online with your guardians and your cohort. Weekly in Attune, twice a month in Anchor. Session times are confirmed at enrollment.

Personal calls

One-to-one video calls with your guardian, booked at times that suit you. An intake call and two personal calls in Attune, three tracking calls in Anchor.

Microdose ally

Psilocybin, following the Fadiman protocol: one day on, two days off. Stops five to seven days before the retreat, as your guardian directs, and resumes 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.*
>
> GUEST · FIRST COHORT

PHASE I · ATTUNE · MARCH 9 TO MARCH 29

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	Mar 9	Directing the Compass ✦ MICRODOSING BEGINS
ATTUNE 2	Mar 15	The Lens of Observation
ATTUNE 3	Mar 23	The Body-Mind Connection (Somatics)
ATTUNE 4	Mar 29	Anchoring Your Intentions ✦ MICRODOSE PAUSES BEFORE THE RETREAT

INCLUDED IN ATTUNE

- ✦ Intake call and 2 personal guardian 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 · APRIL 9 TO 16

Eight days, held in rhythm.

Three ceremonies, each followed by a full day of integration. A steady rhythm of opening, resting, and weaving the experience back into the body.

DAY 1 · FRI APR 9

Arrival

2:30pm	· Pickup, Liberia Airport
4:30pm	· Welcome refreshments
5:00pm	· Group welcome
6:00pm	· Dinner

DAY 2 · SAT APR 10

Ceremony One

·	· Day of fasting
8:30am	Ceremony One
1:00pm	· Fruit offering
5:30pm	· Ceremony close
6:30pm	· Dinner

DAY 3 · SUN APR 11

Integration & Breath

10:00am	· Group integration
1:30pm	· Rest, healing or 1:1
3:30pm	· Breathwork
5:00pm	· Gentle yoga
6:00pm	· Dinner

DAY 4 · MON APR 12

Ceremony Two

·	· Day of fasting
8:30am	Ceremony Two
1:00pm	· Fruit offering
5:30pm	· Ceremony close
6:30pm	· Dinner

DAY 5 · TUE APR 13

Integration

10:00am	· Group integration
1:30pm	· Rest, healing or 1:1
3:00pm	· Art therapy
4:45pm	· Beach sunset
6:00pm	· Dinner

DAY 6 · WED APR 14

Ceremony Three

·	· Day of fasting
8:30am	Ceremony Three
1:00pm	· Fruit offering
5:30pm	· Ceremony close
6:30pm	· Dinner

DAY 7 · THU APR 15

Celebration

7:30am	· Morning beach
10:00am	· Group integration
2:00pm	· Breathwork
4:45pm	· Beach sunset
6:00pm	· Dinner celebration

DAY 8 · FRI APR 16

Departure

8:30am	· Breakfast
9:30am	· Closing circle
11:00am	· Departure

Schedule is a guide and may shift with the needs of the group.

PHASE III · ANCHOR · APRIL 26 TO JULY 6

Integration.
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 individual tracking calls that help each guest walk the path of empowerment and build their own resource toolkit.

BEGINS AFTER THE RETREAT · TWICE A MONTH, LIVE ONLINE

ANCHOR 1	Apr 26	The Integration Pathway ✦ MICRODOSE RESUMES AFTER THIS SESSION
ANCHOR 2	May 10	Listening & Pattern Re-Programming
ANCHOR 3	May 24	Moving Through Contractions, Authentic Power & Acceptance as Freedom
ANCHOR 4	Jun 7	Personal Integrity & Discernment
ANCHOR 5	Jun 21	Truth, Purpose & Aligning Actions
ANCHOR 6	Jul 6	Celebration

INCLUDED IN ANCHOR

- ✦ 3 individual tracking calls
- ✦ 6 cohort sessions, live online
- ✦ Two months with the microdose ally
- ✦ 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 sixteen weeks.

Dana and Jason are your Empowered Path guardians, from intake to your final call. They know your story, your intentions, and how you meet pressure. At the retreat, Chase holds the ceremonies and Hanne leads breathwork.



Dana Mistretta

GUARDIAN · REIKI MASTER

Dana brings twenty-seven years in wellness and transformational facilitation, 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, with vulnerability, embodiment, and warm presence.



Jason Ocaña

CO-FOUNDER · GUARDIAN

A retired firefighter paramedic, Jason spent years on the front line learning how trauma lives in the body and what steadiness makes possible. He co-founded Ananda Lodge with Kimberly and brings calm strength to ceremony, with deep experience in group medicine work and one-to-one microdose protocols.



Chase Moore

MEDICINE CARRIER · HUACHUMERO

A Tennessee native trained by master teacher Bernhard Karshagen, Chase has worked exclusively with San Pedro for over a decade and completed extensive traditional diets. He carries the Huachuma lineage and holds the ceremonies with kindness, humility, and a steady, attuned presence.



Hanne

BREATHWORK · ONSITE

A certified breathwork facilitator and professional dancer, Hanne guides breath, meditation, and somatic movement as a fully embodied path to healing. She leads the breathwork of the retreat, helping guests move what the mind alone cannot.

INVESTMENT · ENROLLMENT

Limited spaces, held with intention.







PROGRAM INVESTMENT

The full sixteen weeks: intake, Attune, the all-inclusive eight-day retreat, and Anchor. Ten guests maximum, with two places held for partial scholarships of up to 30% off.

$6,111

REGISTRATION CLOSES	ATTUNE BEGINS	RETREAT
March 8, 2027	March 9	April 9 to 16

WHAT IS INCLUDED

- All-inclusive stay
- Preparation and integration guidebooks
- Art therapy
- Onsite group and individual integration
- Intake call
- Roundtrip group shuttle from Liberia Airport
- Two breathwork sessions

NOT INCLUDED

Plant medicine fee, paid onsite	$150
Microdose medicine from our partner	About $100 plus shipping
Private transport outside shuttle times	As needed
Onsite add-on services	Optional

IS THIS PATH RIGHT FOR YOU?

1	2	3	4	5	6
Apply	Alignment call	Enroll	Intake call	Registration confirmed	Begin Attune

APPLY NOW

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