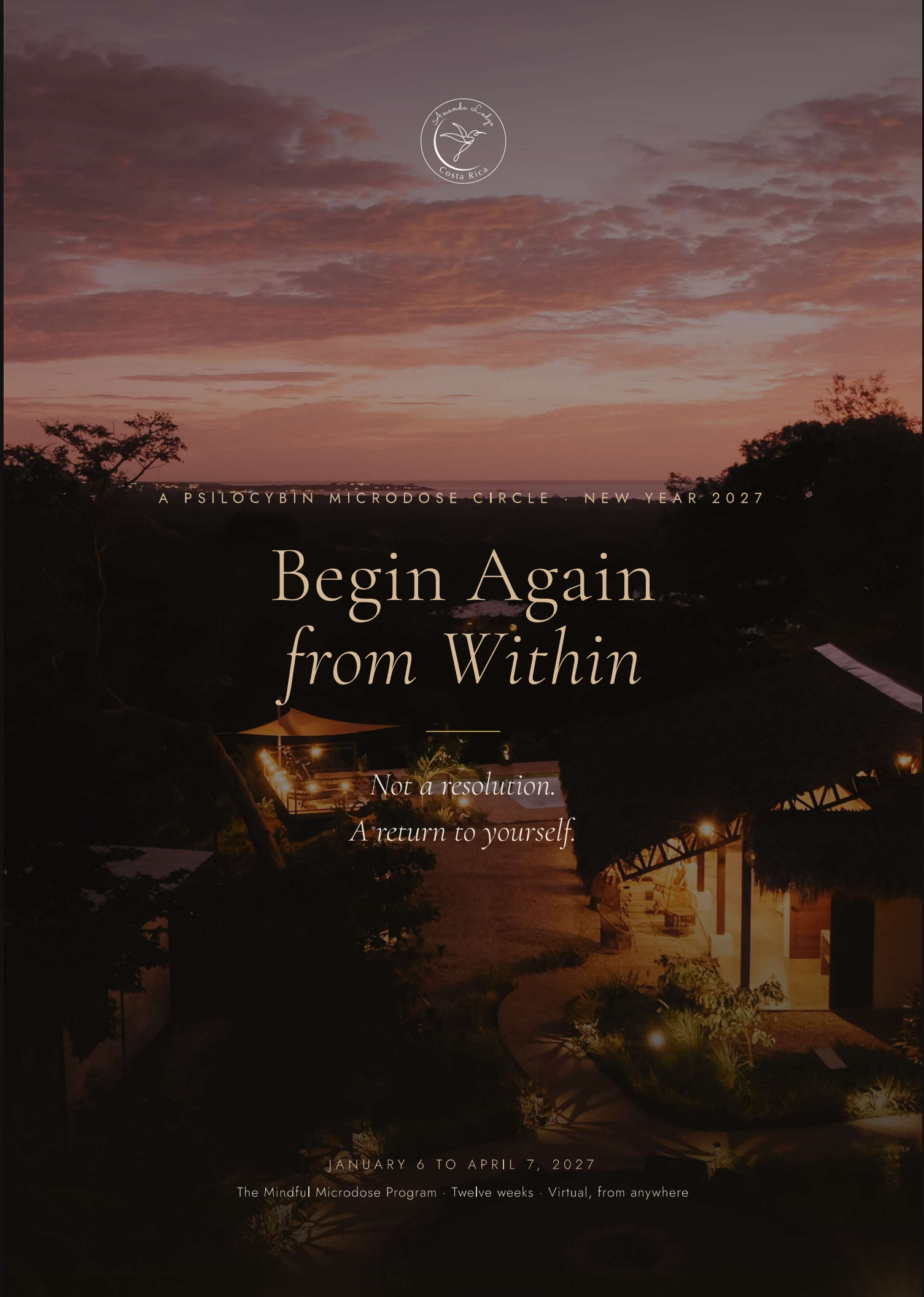


A PSILOCYBIN MICRODOSE CIRCLE · NEW YEAR 2027

Begin Again *from Within*

Not a resolution.
A return to yourself.

JANUARY 6 TO APRIL 7, 2027

The Mindful Microdose Program · Twelve weeks · Virtual, from anywhere

THE INVITATION

A new year doesn't need a new you.

Every January brings the same pressure: new goals, new discipline, a better version of you by spring. Most resolutions fade by February because they ask you to push harder from the same depleted place.

This circle offers something different: twelve weeks to slow down, listen inward, and return to who you already are, from home, alongside up to fifteen others beginning the year the same way. Not someone to be fixed. Someone to be recognized.

Running on empty and still showing up	*Everyone's needs before your own*
Doing everything right, still feeling flat	*Disconnected from your own body*
Another January, the same old resolutions	*Ready for change that actually lasts*

> *The new year is a threshold. What you bring across it is a choice.*

THE PROMISE

Twelve weeks to begin the year from within.

The Mindful Microdose Program is a guided Psilocybin microdose protocol, a sacred structure, and a small circle moving through it beside you. It is built to do self-reclamation work without asking you to leave your life to begin it. For some, this is the whole arc. For others, it is the doorway into a future immersion at Ananda Lodge.



12	3	7	15
WEEKS	PHASES	CIRCLE GATHERINGS	SPACES ONLY

WHY BEGIN IN JANUARY

Intention instead of resolution

The turn of the year is one of the few moments when almost everyone pauses to ask what they want to change. This circle gives that question a structure, a medicine, and people to answer it with, so the shift holds past the first few weeks.

Patterns that keep repeating, year after year

Giving from a well that has run empty

Feeling disconnected from your own body

Weight, physical and emotional, that will not move

A transition in career, relationship, or identity with no clear next step

Wanting to feel clear again

The circle is how this work gets held: a small group crossing the same threshold, at the same time, alongside each other.

Phase I: The Path

Where you are, met with compassion

JANUARY 6

Where You Are

Naming what is true right now, without judgment.

Microdosing begins

JANUARY 20

Directing the Compass

Compassion for every part of you. Building the ritual that carries the arc.

WHAT YOU'LL DO

- Name what is true right now, without judgment
- Build compassion for the parts of you that are tired
- Set your intention for the year ahead
- Establish the daily ritual that carries the arc

WHAT YOU'LL GAIN

- Awareness of the pattern you are actually in
- A structured relationship with the medicine from day one
- A daily practice that holds you between sessions
- Connection to the people walking this with you

Phase II: The Way

The wisdom body, the deeper feelings, the boundary

FEBRUARY 3

Reconnecting to the Body

Entering the somatic wisdom body. Learning to feel the deeper emotions instead of naming them.

FEBRUARY 17

Boundaries With Self and Other

Naming and owning the line.

WHAT YOU'LL DO

- Enter the somatic wisdom body
- Learn to feel emotions instead of only naming them
- Identify where your boundaries have gone missing
- Practice naming and holding a boundary in real time

WHAT YOU'LL GAIN

- A body you can trust for information, not just symptoms
- Language for what you feel while you are feeling it
- A boundary practice you can use with anyone in your life
- Relief from carrying what was never yours to hold

Phase III: The Wisdom

Expansion, reclamation, and the truth you carry into the year

MARCH 3

Expansion

Full reclamation of your essence.

MARCH 17

Trust, Leadership, Truth

Determining how you move forward.

Carrying yourself into the rest of 2027.

WHAT YOU'LL DO

- Expand into a fuller expression of who you are
- Reclaim the parts of your essence you set aside
- Determine how you want to move forward
- Practice trust, leadership, and truth as a daily stance

WHAT YOU'LL GAIN

- A clear sense of direction for the rest of 2027
- Confidence in your own leadership, starting with yourself
- A completed arc you carry forward, not leave behind
- A circle you remain connected to after the program ends

APRIL 7

Celebration

IS THIS YOU

A circle for anyone ready to begin again.

This is for you if

- ✦ You want the new year to mean more than another list of resolutions
- ✦ You are functioning well on the outside and depleted underneath it
- ✦ You want structure and community, not a passive wellness subscription
- ✦ You are ready to build a real relationship with Psilocybin, at a measured pace
- ✦ You want this as a complete arc, or a bridge toward a future immersion

This is not for you if

- × You are seeking a full ceremonial macrodose experience
- × You are in active psychological crisis or acute instability
- × You want the medicine without the structure or the circle around it
- × You are not able to commit to the full twelve-week arc

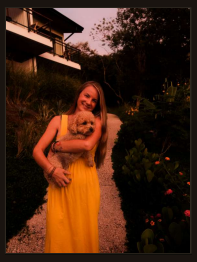
> *This experience reached a place in me that had needed healing for a very long time. I feel more alive, grateful, and full of love than I have in my entire life.*

KIM · ANANDA LODGE GUEST

YOUR GUARDIANS

Held by guides who have walked this path.

You are not held by a protocol. You are held by people who understand this work because they have lived it.



Kimberly Ocaña CO-FOUNDER · SOMATIC TRAUMA-INFORMED GUIDE

A survivor herself, Kimberly built this circle around the safety she once needed. After eighteen years in corporate leadership, her own healing with ayahuasca and the Shipibo-Konibo people in Peru led her to plant medicine work. She is trained in somatic trauma-informed care and designed this circle as her answer to the rarity of that safety.



Dana Mistretta REIKI MASTER · MEDICINE CARRIER

A Reiki Master, intuitive guide, and sound practitioner with twenty-seven years in the wellness field and more than five years as a medicine carrier. Dana brings a deeply felt, energetically attuned presence to ceremony and integration, weaving sound healing, intuitive guidance, and Reiki into each phase of the arc.

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

ANANDA LODGE GUEST · 2025

VOICES FROM THE CIRCLE

In their own words.

> *I no longer need my ADD meds and I'm taking very little of my anxiety meds. Things that would usually rattle me are transforming. I'm a better version of me. I don't worry so much, and if I do, I can quickly turn it around or see the silver lining.*
>
> STEPHANIE · MINDFUL MICRODOSE PROGRAM

My experience at Ananda helped me to understand that change isn't scary or the enemy of peace. It is a portal. It's ok to let go, to surrender, to release the grip I had on patterns that no longer serve.

GENEVIÈVE · MINDFUL MICRODOSE PROGRAM

I feel a sense of contentment and groundedness that I can't remember ever having in my life.

TRACY · MINDFUL MICRODOSE PROGRAM

I have all the tools I need within me. The care from the facilitators was beyond my expectations. Genuine care.

ALESSANDRA · MINDFUL MICRODOSE PROGRAM

I gained a deeper understanding and confidence in using the medicine. What surprised me was the sense of community. I didn't expect that.

MINDFUL MICRODOSE PROGRAM PARTICIPANT

VOICES FROM THE CIRCLE

What stays with them.

The guide books and resources were great. I found myself on pace and intuitively stepping into the next phase before the next guidebook arrived. I did spend a lot of time with the guidebooks and kept pace. They were transforming. I'm joyful, filled with gratitude, and living in the present. I'm creative and writing again.

MINDFUL MICRODOSE PROGRAM PARTICIPANT

> *At the Mindful Microdose Program I was able to delve deeper into childhood trauma and find new ways to heal with support from the community.*

MINDFUL MICRODOSE PROGRAM PARTICIPANT

INVESTMENT · NEW YEAR COHORT

One circle. Fifteen places.

The full twelve-week arc, January 6 through April 7, 2027. Registration closes December 21, so the circle can be prepared before the year begins.

GROUP CIRCLE

Mindful Microdose

$1,555

ENROLL BY

December 21, 2026

CIRCLE SIZE

Up to 15 people

- 7 live group video sessions, twice monthly, 2 hours each
- 3 personal guardian sessions, 25 minutes each
- Guided Psilocybin microdosing protocol throughout
- 8 guidebooks with tools and deep inquiry practices
- Weekly emails: podcasts, articles, and videos
- Private community group between sessions
- Post-program guidebook with continued protocols
- Monthly payment plans available. Cost of medicine not included

> *Begin the year the way you want to live it: with intention, and in good company.*

QUESTIONS

What people ask before enrolling.

Do I need prior experience with Psilocybin?

No. This program is built for people at every stage, including those with no prior experience with the medicine.

How is my microdosing protocol determined?

Your guardian builds a personalized protocol with you during Phase One, based on the Fadiman method and adjusted to your body and your intention.

Is this open to everyone?

Yes. This circle is open to anyone ready for this work. Ananda Lodge alumni are welcome and often use it to extend their integration.

Can this lead into a full immersion later?

Yes. Many guests use this program as the bridge into a future Ananda Lodge immersion once they are ready for the ceremonial immersion.

Where do I source the Psilocybin?

Sourcing is guided by your guardian and arranged by you individually. The cost of the medicine itself is not included in the program investment.

HOW TO BEGIN

Begin the new year from within.

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 conversation.

2 **Feel the fit**
We listen, answer everything, and never pressure.

3 **Hold your place**
Fifteen spaces, held with intention. Registration closes December 21.

BOOK A COMPLIMENTARY CONVERSATION

calendly.com/anandaintake/ananda-sacred-journey-consultation

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