ANANDA LODGE



A PSILOCYBIN COUPLES EXPERIENCE · 8 COUPLES

Sacred Union

Six days to choose each other again.

For couples who are not in crisis and not willing to settle.

FEBRUARY 10 TO 15, 2027

PLAYA GRANDE · COSTA RICA

WHERE YOU ARE NOW

You did not fall out of love. You fell into logistics.

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.

Nothing is broken. That is exactly why it is easy to keep waiting. Sacred Union is six days away from every role you play at home. Find each other again while the spark is still there.

✦ 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.

WHAT YOU TAKE HOME

- ✦ Go-forward agreements you write together on the final morning, in your own words.
- ✦ A touch practice you can keep. Sensate focus takes 20 minutes and works at home.
- ✦ A way to talk, taught by Cathi and Logan, for the conversations you have been postponing.
- ✦ A post-retreat couples consultation to check what is holding and what needs support.

8	2	6	Feb 14
COUPLES MAXIMUM	CEREMONIES	DAYS ON SITE	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.



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.

FOR THE PARTNER WHO IS NOT SURE

If your partner handed you this, start here.

A LETTER FROM LOGAN

> *I spent my career as a police officer. The job teaches you to hold everything and say nothing. It works, right up until it is the only way you know how to be at home. Nobody will make you share. Nobody will pull you into the middle of a circle. Show up. That is the whole ask. What happens after that is up to you.*

✦ Nothing to perform

You share when you are ready, or not at all.

✦ Your own space

A private ocean-view suite, and private intimate practice behind your own door.

✦ A men's circle held by Logan

A former officer, not a therapist reading from a script.

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

CRYSTAL · THE EMPOWERED PATH, 2026

THE WORK

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. 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. Nothing about this week asks you to be sexual on a schedule.

IF SOMETHING HARD COMES UP

✦ **You meet yourself first.** Ceremony I is individual by design, so each of you does your own work first.

✦ **Integration happens the next morning,** in circle and one on one.

✦ **A licensed marriage and family therapist is on site.** Cathi Long has guided couples through conflict for over 20 years.

✦ **Ceremony guardians stay with you throughout,** trained in somatic, trauma-informed care.

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

Group transfer from Liberia airport, welcome, opening circle with the couples and team, dinner, an evening to yourselves.

DAY 2 · THURSDAY, FEB 11

Opening the heart

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

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 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 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 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.

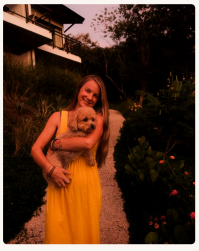
✦ Re-choosing ritual

Speak what you choose, out loud.

YOUR TEAM

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

A licensed marriage and family therapist, two trauma-informed ceremony guardians, and a former officer who speaks the hesitant partner's language.



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.

HONEST ASSESSMENT

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 A DIFFERENT KIND OF SUPPORT IF

You are in crisis or separating

There is any violence or coercion in the relationship

One partner is coming only to please the other

Either of you has contraindicated conditions or medications

Each partner completes a confidential intake and screening individually. If Sacred Union is not the right fit, we will tell you honestly and point you toward what is.

INVESTMENT

$7,995 PER COUPLE · PAYMENT PLAN AVAILABLE

WHAT COUPLES USUALLY WEIGH THIS AGAINST

- ✦ **A year of weekly couples therapy** can cost as much, one hour at a time, fitted between work and pickups.
- ✦ **A luxury week away** is restful, and you come home to the same patterns.
- ✦ **Waiting** costs nothing today, and the most over time.

INCLUDED Two psilocybin ceremonies · Cacao ceremony · Sensate focus teaching · Men's and women's circles · Couples communication workshop · Couples cooking experience · Couples massage · Valentine's Day sunset sail · Ocean-view king suite, five nights · All meals by private chef · Individual intake for each partner · Post-retreat couples consultation · Round-trip group transfer from Liberia airport (LIR)

NOT INCLUDED Plant medicine fee of $150 per person, paid on site · Airfare

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

BOOK YOUR SACRED JOURNEY CALL



HOW TO BEGIN

Six days to choose each other again.

This Valentine's Day, give each other something that lasts longer than dinner.

BEGIN WITH A CONVERSATION

1 **Reserve your call.** A complimentary Sacred Journey consultation. Come together, or come alone first.

2 **Complete your intakes.** Each partner completes a confidential intake and screening individually.

3 **Hold your suite.** Eight suites. A 50% deposit secures yours. Registration closes January 24, 2027.

QUESTIONS COUPLES ASK

What if my partner is hesitant?

That is common and it is welcome. Show them Logan's letter on page 3, or book the call alone first. We will help you think about how to invite them without pressure. Both of you must choose to come freely.

Do we have to be sexual during the week?

No. Sensate focus is non-sexual by design. It exists to remove pressure, not add it. What you do in your own suite is entirely yours.

What if one of us has a difficult ceremony?

It happens, and it is often where the most important work begins. Guardians stay with you through the ceremony, and integration support continues the next day with the team and Cathi.