



SAN PEDRO IMMERSION · 2026

Huachuma

*The grandfather medicine — a medicine of the
heart, taken in the light of day.*

PLAYA GRANDE · COSTA RICA

Eight guests · Three ceremonies · Held with intention

WHO IT'S FOR

Your life works. Something feels off.

From the outside, everything is in place — the career, the people who depend on you, the things you have built. You are the one who holds it together. And still, something quiet is off: a distance from yourself, a question you keep setting aside. *I don't know what comes next.*

San Pedro is a medicine for exactly this moment. It helps the nervous system settle and the mental noise quiet, so you can hear yourself again — and find the clarity, direction, and reconnection that being stuck has kept just out of reach. When you feel stuck, this is where you get clear.

“

I feel more alive, joyful, grateful and full of love than I have in my entire life. This place is special — go if you are being called.

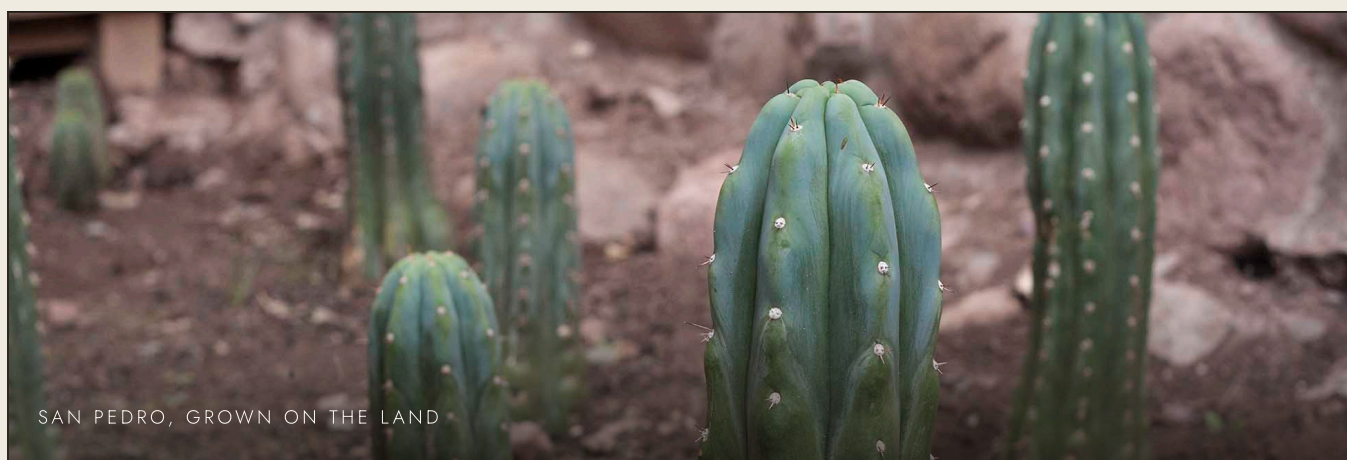
KIM · RETREAT GUEST

THE MEDICINE

Huachuma, the grandfather medicine.

San Pedro — Huachuma — is a cactus revered as sacred medicine for more than three thousand years in the Andes. Its Quechua name means "removing the head" — the quieting of the ego.

Taken during the day, it asks us to slow down. Working gently over eight to twelve hours, it is empathogenic and heart-opening — reconnecting us to the body's own intelligence and to the world around us. Unlike ayahuasca, it carries fewer pharmaceutical contraindications, opening the door to many who cannot work with other medicines.



3,000

YEARS REVERED

8–12

HOURS

8

GUESTS, MAX

3

CEREMONIES

A return to clarity and presence.

In a world that asks for constant output, many of us lose touch with the wisdom of the body — and with it, our sense of direction. San Pedro is a medicine of the heart. It helps the nervous system settle, so that clarity, steadiness, and a felt sense of your path forward can return.

◆ Clarity & focus

A quieting of mental noise, and a clearer sense of what matters.

◆ Connection to self

A return to your felt sense and your body's somatic wisdom.

◆ Aliveness & vitality

A renewed sense of joy, motivation, and energy for life.

◆ Groundedness

Nervous-system regulation — moving from overwhelm toward calm.

◆ Connection to others

Empathy, and a felt sense of unity with people and nature.

◆ Spiritual depth

For many, among the most meaningful experiences of their lives.

Research on the naturalistic use of mescaline-containing cacti reports lasting improvements in mood, anxiety, and overall wellbeing, with many describing the experience as among the most personally significant of their lives. — Agin-Liebes et al., *ACS Pharmacology & Translational Science*, 2021.

Carriers who live the path.

Each immersion is held by a master medicine carrier alongside our somatic care team — present from your first preparation call to the final integration session.

You are never handed off, and never alone in it.



Nikki Szeghalmi MEDICINE CARRIER · HUACHUMERA

Called to Peru in 2018, Nikki has given herself to the San Pedro path. Trained in somatic, trauma-informed facilitation, she meets each guest with a rare balance of grit and softness — and a quickness to laughter.



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, completing extensive traditional diets. He holds space with kindness, humility, and a steady, attuned presence.



Kimberly Ocaña FOUNDER · SOMATIC CARE

Founder of Ananda Lodge and a somatic, trauma-informed plant-medicine coach, sound-healing therapist and herbalist. After her own corporate burnout, she now walks beside each guest as a humble servant of the work.

*One of the kindest, most humble and most competent teachers I have worked with.
It was easy to feel safe, and to trust the people and the medicine.*

What makes this unlike anywhere.

✦ A somatic, trauma-informed container

Transformation happens through the body, not only the mind. Our facilitators are trained in somatic, trauma-informed practice — creating the safety your nervous system needs to settle, release, and integrate.

✦ Continuity of care, not just a retreat

Your relationship with us does not end when the retreat does. The same care-team member walks beside you — from three preparation sessions through twelve weeks of integration.

✦ An intimate circle of eight

Where many retreats fill ceremonies with fifteen or more, we hold each immersion to eight guests — so your process unfolds with real attention, and you are never lost in a crowd.

✦ Carriers who live the medicine

Our Huachumeros are not weekend facilitators. Nikki and Chase have each given years to exclusive San Pedro practice and traditional diets, trained by master teacher Bernhard Karshagen.

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 Arrival

2:30 PM	Pick-up, Liberia Airport
4:30 PM	Welcome refreshments
5:00 PM	Group welcome
6:00 PM	Dinner

DAY 3 Integration

10:00 AM	Group integration
1:30 PM	Rest, healing or 1:1
5:00 PM	Gentle yoga
6:00 PM	Dinner

DAY 5 Integration

10:00 AM	Group integration
1:30 PM	Rest, healing or 1:1
4:45 PM	Beach sunset
6:00 PM	Dinner

DAY 7 Celebration

7:30 AM	Morning beach
10:00 AM	Group integration
4:45 PM	Beach sunset
6:00 PM	Dinner celebration

DAY 2 Ceremony One

-	Day of fasting
8:00 AM	Ceremony One
1:00 PM	Fruit offering
5:30 PM	Ceremony close
6:30 PM	Dinner

DAY 4 Ceremony Two

-	Day of fasting
8:00 AM	Ceremony Two
1:00 PM	Fruit offering
5:30 PM	Ceremony close
6:30 PM	Dinner

DAY 6 Ceremony Three

-	Day of fasting
8:00 AM	Ceremony Three
1:00 PM	Fruit offering
5:30 PM	Ceremony close
6:30 PM	Dinner

DAY 8 Departure

8:30 AM	Breakfast
9:30 AM	Closing circle
11:00 AM	Departure

EVERYTHING INCLUDED

One arc, fully held.

◆ Three San Pedro ceremonies

Held by a master medicine carrier.

◆ Trained facilitators & guides

Somatic, trauma-informed support throughout.

◆ Individual & group integration

Honored one-to-one and in circle.

◆ Somatic resourcing tools

Practices that stay with you.

◆ Ocean-view suite

Your own room, above the Pacific.

◆ All meals by private chef

Fresh, nourishing, prepared daily.

◆ Art therapy workshop

Expression beyond words.

◆ Beach walks & gentle yoga

Movement and rest through the week.

◆ Three preparation sessions

Personal calls before you arrive.

◆ Three integration sessions

One-to-one, in the months after.

◆ Three months of guidebooks

Integration support for the path home.

◆ A lasting community

A place in the Ananda circle.



Each immersion is all-inclusive — preparation, ceremony, lodging, meals, and integration, held as one complete arc. Investment is shared during your consultation.

ANANDA LODGE

FOOD AS MEDICINE

Food that is part of the medicine.

Born in Guatemala to a Salvadoran father and Costa Rican mother, Head Chef Camilo París trained formally before cooking across the world — including in the celebrated kitchens of restaurateur Stephen Starr in New York and Philadelphia.

Here he prepares three fresh, nourishing meals a day — food that feeds the body and is itself part of the work.



PLATED FRESH, THREE TIMES A DAY

THE PLACE

Where the jungle meets the sea.

Ananda Lodge sits on more than three thousand square meters above the Pacific in Playa Grande — a secluded hideaway six minutes from some of the best surf in the country. Birdsong and howler monkeys fill the air, and the moment you arrive, the noise of daily life falls away.



“A family-owned center, with beautiful accommodations set in the nature of Costa Rica. They make you feel right at home and supported in your process.”

BRANDON · RETREAT GUEST

When to come.

IMMERSIONS WITH NIKKI

Summer Jul 2 – 9, 2026

Weekend Jul 10 – 12, 2026

New Year Dec 28 – Jan 4, 2027

Private options in January, July & October.

IMMERSIONS WITH CHASE

Fall Oct 3 – 10, 2026

Private options in April & October.

| *Limited spaces, held with intention.*

HOW TO BEGIN

Begin with a conversation.

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 Sacred Journey consultation.

2 Feel the fit

We listen, answer everything, and never pressure.

3 Hold your place

Limited to eight guests, held with intention.

BOOK A SACRED JOURNEY CONSULTATION

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

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