THE EMPOWERED PATH · 2027

San Pedro

The grandfather.

A medicine of the heart, taken in the light of day.

April 10–17, 2027

ATTUNE · IMMERSE · ANCHOR

Ten guests maximum · Playa Grande, Guanacaste, Costa Rica

THE MEDICINE · THE RETREAT

Huachuma, the grandfather.

San Pedro, Huachuma, is a cactus revered as sacred medicine for more than three thousand years in the Andes. Its Quechua name speaks to the quieting of the ego. Taken in daylight and working over eight to twelve hours, it is a medicine of illumination: it shows you yourself and your patterns clearly, and asks you to feel what is there. It can be tender and it can be demanding, and both serve the work. It carries fewer pharmaceutical contraindications than ayahuasca, opening the door to many who cannot work with other medicines.

THREE DAYTIME CEREMONIES

Each held from morning to evening on a day of fasting, and each followed by a full day of integration.

DAY 2 · 8:00AM

Ceremony One

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

DAY 4 · 8:00AM

Ceremony Two

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

DAY 6 · 8:00AM

Ceremony Three

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

RETREAT	CEREMONIES	GUESTS	MICRODOSE ALLY
Apr 10–17	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 · RETREAT GUEST

You have done the work in your head. This is the work in your heart.

You understand your life. You do not always feel it. You are steady, strategic, and used to being in control, and somewhere along the way connection and direction went quiet. Huachuma, the Teacher of Teachers, keeps you present: in your body, in daylight, eyes open, seeing yourself clearly.

YOU MAY RECOGNIZE YOURSELF HERE

- You understand your life, and you do not feel it.
- There is distance in your closest relationships, and you are not sure when it arrived.
- Purpose has gone quiet. You keep moving, and you are no longer sure toward what.
- You want depth without losing control: grounded and present, without overwhelming visions.
- You have sat with psilocybin and want a different teacher, or you are wary of its intensity.
- You and your partner want to come together. This cohort is a natural home for couples.

WHAT THE MEDICINE OFFERS

Feeling returns, and connection follows. Daytime ceremonies outdoors show you your patterns clearly and open the way to forgiveness, compassion, and direction you can feel.

WHAT IT ASKS OF YOU

Honesty and responsibility. Clear seeing can be tender and it can be demanding. Huachuma asks you 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 readies the nervous system and sharpens the intention. The retreat opens the door. Integration builds what you saw into how you decide, speak, and live. The same guardians and the same ten people hold you through all of it.

PHASE I · ATTUNE

Mar 8 – Mar 29

Preparation

2 personal intention & tracking calls
4 weekly cohort sessions
Microdose ally

PHASE II · IMMERSE

Apr 10–17

The retreat

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

PHASE III · ANCHOR

Apr 26 – Jul 5

Integration

3 personalized pathway calls
6 cohort sessions
Microdose ally, two months

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. Session time is confirmed at enrollment.

Personal calls

One-to-one video calls with your guardian, booked at times that suit you. Two in Attune for intention and tracking, three in Anchor to shape your pathway.

Microdose ally

Psilocybin. Begins after Session 1 and pauses at Session 4, before the retreat. Picked up again at Session 5 and continued for two months.

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 · MARCH 8 — MARCH 29

Preparation.
Setting the compass.

Attune builds the foundation. We focus on nervous system readiness, 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.

SESSION 1	Mon, Mar 8	Directing the Compass ✦ MICRODOSING BEGINS
SESSION 2	Mon, Mar 15	Compassion, Forgiveness & the Science of Change
SESSION 3	Mon, Mar 22	The Body-Mind Connection (Somatics)
SESSION 4	Mon, Mar 29	Anchoring Journey 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 regulated, 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 10 – 17

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 · SAT APR 10

Arrival

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

DAY 2 · SUN APR 11

Ceremony One

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

DAY 3 · MON APR 12

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 · TUE APR 13

Ceremony Two

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

DAY 5 · WED APR 14

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 · THU APR 15

Ceremony Three

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

DAY 7 · FRI APR 16

Celebration

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

DAY 8 · SAT APR 17

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 — JULY 5

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 personalized pathway calls that help each guest walk the path of empowerment and build their own resource toolkit.

BEGINS TWO WEEKS AFTER THE RETREAT · EVERY TWO WEEKS, LIVE ONLINE

SESSION 5 Mon, Apr 26	The Integration Pathway ✦ MICRODOSING RESUMES FOR TWO MONTHS
SESSION 6 Mon, May 10	Listening & Pattern Re-Programming
SESSION 7 Mon, May 24	Moving Through Contractions, Authentic Power & Acceptance as Freedom
SESSION 8 Mon, Jun 7	Personal Integrity & Discernment
SESSION 9 Mon, Jun 21	Truth, Purpose & Aligning Actions
SESSION 10 Mon, Jul 5	Celebration

INCLUDED IN ANCHOR

- ✦ 3 personalized pathway 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

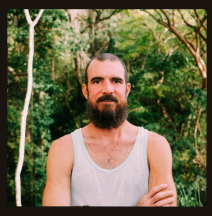
Your guardians, from first call to last.

The same team holds every phase. They know your story, your intentions, and your nervous system. You are never handed off.

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 FACILITATOR

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.

$6,111

ENROLLMENT CLOSES	ATTUNE BEGINS	RETREAT
March 7, 2027	March 8	April 10–17

WHAT IS INCLUDED

- All-inclusive stay
- Preparation
- Supporting materials and guidebooks
- Art therapy
- Onsite group and individual integration
- Intake
- Integration
- Group shuttle transportation
- Two breathwork sessions

NOT INCLUDED

Plant medicine fee	$150
Microdose medicine from aligned partners	$125
Onsite add-on services	Optional

IS THIS PATH RIGHT FOR YOU?

1 Apply

2 Alignment call

3 Reserve your spot

4 Complete intake

5 Begin the path

APPLY NOW

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