



Retreat Itinerary: Sample.

Day 1	
3:00 PM	Arrival & Check-in
4:00 PM	Welcome snack & Introduction
5:00 PM	Vinyasa Yoga & Meditation
5:45 PM	Session 1: Introductory Workshop - Brief History of Psychedelia
6:15 PM	Small Group Sessions with Guides/Therapists
7:30 PM	Dinner
8:30 PM	Free Time
10:00 PM	Bedtime

Day 2	
6:00 AM	Wake Up & Morning Snack
6:30 AM	Vinyasa Yoga & Guided Meditation
8:00 AM	Breakfast
9:30 AM	Tummo Breathwork & Optional Cold Exposure/Ice Bath
10:15 AM	Break & light snack
11:45 AM	Emotional Regulation - Cognitive Behavioral Therapy & Mindfulness Based Cognitive Therapy
1:00 PM	Personal Contemplation
1:30 PM	Introductory Psychedelic Journey with Sound Meditation & Expressive Art
7:30 PM	Dinner
8:30 PM	Free time
10:00 PM	Bedtime



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Day 3

6:00 AM	Wake Up & Morning Snack
6:30 AM	Vinyasa Yoga & Guided Meditation
8:00 AM	Breakfast
9:00 AM	Small Group Integration Session with Guides/Therapists
10:30 AM	Workshop 3: Personality Formation and Trauma
11:30 AM	Personal Self-Work Journaling from Workshop 3
1:00 PM	Lunch
2:00 PM	Individual Time to Work on Life Story
3:30 PM	Fun Free time
7:00 PM	Dinner
10:00 PM	Bedtime

Day 4

6:00 AM	Wake Up & Morning Snack
6:30 AM	Vinyasa Yoga, Guided Mindfulness Meditation & Pranayama Breathwork
8:00 AM	Breakfast
8:45 AM	Review of Life Story & Personal Time in Nature
10:15 AM	Small Group Session with Guides/Therapists: Intention Setting & Priming
10:45 PM	Light snack
12:00 PM	Break & Private Contemplation - Administer Psychedelic (Psychedelic Journey 2)
12:15 PM	Therapeutic Journey
7:00 PM	Dinner
10:00 PM	Bedtime



Day 5	
6:00 AM	Wake Up & Morning Snack
6:30 AM	Yin Yoga & Mindfulness Meditation
8:30 AM	Breakfast
9:15 AM	Group Integration Sessions with Guides/Therapists
1:00 PM	Lunch
1:45 PM	Workshop 4: Present & Future Authoring
2:30 PM	Private Contemplation & Future Authoring from Workshop 4
3:00 PM	Call with loved ones to share lessons/experiences while fresh in memory
4:15 PM	Group Leisure Activity
7:00 PM	Dinner
10:00 PM	Bedtime

Day 6	
6:00 AM	Wake Up & Morning Snack
6:30 AM	Yoga & Guided Meditation
7:15 AM	Breakfast
8:45 AM	Contemplative Time in Nature
9:30 AM	Final Group Integration Session with Therapist
	<i>Review of Present & Future Authoring Program</i>
	<i>Review of workshops</i>
	<i>Integration of Depth Work</i>
10:00 AM	<i>Final thoughts & Closure</i>
	Formal Close-out & Journey Storytelling (optional)
10:45 AM	Departure