

PRIVATE RETREAT PACKAGES & INFO



THANK YOU SO MUCH FOR YOUR INTEREST IN OUR WORK.

THIS DOCUMENT WILL COVER MANY OF YOUR QUESTIONS.

	Page
How Do We Work?	3
Who Are We?.....	4
What Is Included In Every Session?.....	5-6
How Many Ceremonies Should I Book?.....	7
Are You A Couple/Friends And Would Like To Experience A Shared Ceremony?.....	8
Our Packages And What Package We Recommend For Your Needs.....	9-13
Optional Extras For An Enhanced Experience.....	14
Group Retreats.....	15

If you have more questions, please check out our [FAQ](#) page on our website.



HOW DO WE WORK?

We come to your temporary accommodation in Amsterdam, Maastricht, Den Haag, Lagos (Portugal) or Salzburg (Austria). We recommend choosing a comfortable, cosy and private space on AirBnB - we can offer a suggestion for this if you wish. We did provide a ceremony room in the past but we have found that it is more beneficial for our clients to be in their own space as they will not have to move after the session is over, when they have come down from the Psilocybin. You will still feel quite sensitive after the session and a walk through the city often feels overwhelming.

When we arrive at your location, we will speak about how you feel and address any last concerns that you have and when you are ready you will take in the Psilocybin.

After consuming the Psilocybin it will take from 30 to 60 minutes for the effects to start. In some rare cases it can take up to 2 hours. The effects will last from 4 to 6 hours. We will stay with you for the whole session, guiding you through the experience. We will help you to stay present with your intention.

WHO ARE WE?

We have been offering therapeutic Psilocybin retreats since 2018 and have worked with hundreds of clients from all around the world.

We are a team of therapists and guides trained in different modalities. We combine our therapeutic knowledge of how to deal with trauma caused by the western way of living with the energetic practices of the indigenous cultures. We open our ceremonies with a meditation and take you through a process to help bring you towards your intention. We work energetically to cleanse the energies throughout the journey. We also assist you when a trauma arises, something you are maybe re-experiencing from childhood, or later in life and guide you to release the emotional charge.

We guide you through challenges during the experience, if needed; we are a physical aid and are there when you come out of your experience as a source of support and care, and someone for you to share your experience and insights with, which is an important part of integration.



WHAT IS INCLUDED IN EVERY SESSION?

ONLINE PREPARATION SESSION

Prior to you coming to The Netherlands, we will have a 40-minute online call together, where we get to know each other a little and answer any questions you may have. We will advise you on what food to eat or not to eat, essential precautions, legalities, possible side effects and how to best minimise and deal with them. We will prepare you emotionally and mentally on what to expect, connect you to your intention, ultimately preparing you to get the most out of your trip.

We will help you to create a powerful but short intention that you can easily remember when journeying into other dimensions which will serve as an anchor during your experience.

Together we will decide what dose you will take depending on the intensity you wish for the experience as well as your sensitivity level.



INTEGRATION SESSION

ALL OUR PACKAGES EXCEPT ONE
INCLUDE AN INTEGRATION SESSION.

The package without an integration session is only recommended for those already working with a therapist who prefer to have their integration session with their regular therapist.

Integration sessions take place after a ceremony you have experienced with us. During our Integration Session we will provide a safe space for you to share the insights received on your journey. Depending on what came up for you, we use different therapeutic modalities to help you come to a place of integration within. We can also help you to create an action plan, guiding you on how to take steps based on what you learned within your experience so that you can come into alignment and into the direction of living your authentic truth.

We will assist you in revealing the layers of behavioural patterns, coping mechanisms and conditionings of early life experience. We aim to guide you into your body, to bring your mind into alignment and to reconnect you with your heart.

Most often people choose 2 Psilocybin Therapy sessions (depending on the depth of the issue they are facing and what their schedule allows) with an Integration session after each day.



HOW MANY CEREMONIES SHOULD I BOOK?

Regarding how many ceremonies to book, most people who are working on deeper issues experience best results from 2 ceremonies and 2 integration sessions. We have noticed that for about half our clients, the first session is needed to begin to open up. They are experiencing Psilocybin in this way for the first time, so many people feel a little bit guarded as they get to know the substance and how it feels. Once people have had one experience and understand what it can feel like, they can go deeper during the second one.

One experience can still be very effective and for others one experience is exactly what is needed. It all depends on how much you yourself will be able to open up to the experience. We have seen people have very transformative experiences with just one session, however we have found 2 to be the most effective for those who want to go really deep.

We would suggest if this is your first experience and you have a deep rooted issue you are dealing with, if your budget allows and if you have the time, that you have 2 ceremonies and 2 integration sessions. This also makes more sense if you are travelling quite far for the experience.

Some of our clients decide to book 3 ceremonies and 3 integration sessions in a one-week experience. This is for those who want to have the most profound experience and break free of their patterns. To come for 3 sessions, you need to be ready for an intense week.

ARE YOU A COUPLE/FRIENDS AND WOULD LIKE TO EXPERIENCE A SHARED CEREMONY?

We also offer shared ceremonies with either one practitioner in the same space or each person can have a practitioner each in separate rooms, which will allow you both to share the experience together while also having an individual experience with your own facilitator.

If all of you feel that you will each feel very safe and comfortable with potentially difficult emotions coming up and know that you will not fear going into emotions in fear of upsetting or angering the others, then you can go for having the experience with the same practitioner in the same room.

It can be very vulnerable and if our relationship isn't in a place yet where we can hold that vulnerability for each other, which is of course totally OK, then we would recommend having a practitioner each. You could either do it at the same time in the same place where you can be in separate rooms or you can do it one after the other on separate days.

If you book two or three practitioners, the price will be the same as two or three private ceremonies. They also need to be booked separately. This is only possible in Amsterdam and Maastricht when two/three practitioners have the same dates open in their calendars.

DIFFERENT PACKAGES & PRICES

QUARZ: *1 CEREMONY

Length:

1 Full Day

What is included?

*Online Preparation Session

*5-7 hours with your Psilocybin Facilitator

Please remember that you need to book your own accommodation.

Who is this for?

This package is for those who have been working on changing old patterns and releasing old trauma for some time with therapy and want to have a Psilocybin experience to deepen the work they have already been doing.

This package does not include an integration session. This is only for those who have been working with a therapist and will do the integration work together with their own therapist who is aware that they are having this experience and is supportive of it.

Prices:

Price in prime location Amsterdam: 2.100 Euros

Price in Other Locations: 1.800 Euros

2 People with 1 Shared Practitioner

Price in prime location Amsterdam: 2.820 Euros

Price in Other Locations: 2.520 Euros

3 People with 1 Shared Practitioner

Price in prime location Amsterdam: 3.800 Euros

Price in Other Locations: 3.300 Euros





JADE

*1 CEREMONY & 1H INTEGRATION SESSION

Length:

1 full Day + 1h session over the course of 2 Days

The integration session can also be held online.

What is included?

*Online Preparation Session

*5-7 hours with your Psilocybin Facilitator

*1h integration session the next day in person or a few days later online when you return home

Please remember that you need to book your own accommodation.

Who is this for?

This package is for those who want to have a Psychedelic experience with the intention of self-discovery, a spiritual experience or to deepen therapeutic work that they have started with a therapist.

It is also for you if a full 3 or 4-day experience feels overwhelming or scary, or if you are on a budget.

The integration session the following day is strongly advised for a complete experience. It is an opportunity to process your journey, to make sense of anything that maybe unclear or feel unresolved and to share and be witnessed in what surfaced for you, which are all important parts of the integration process.

Prices:

Price in Prime location Amsterdam: 2.350 Euros

Price in Other Locations: 2.050 Euros

2 People with 1 Shared Practitioner

Price in prime location Amsterdam: 3.320 Euros

Price in Other Locations: 3.020 Euros

3 People with 1 Shared Practitioner

Price in prime location Amsterdam: 4.450 Euros

Price in Other Locations: 4.050 Euros

RUBY:

*2 CEREMONIES & 1 INTEGRATION SESSION

Length:

2 full Days + 1h session over the course of 3 Days

What is included?

*Online Preparation Session

*2 x 5-7 hours with your Psilocybin Facilitator

*1x 1h integration session the next day in person or a few days later online

Please remember that you need to book your own accomodation.

Who is this for?

This package is for those who want to go deeper and get the most out of their experience but have time restraints and cannot come for more than 3 days. It is most beneficial when you are experiencing depression, anxiety, PTSD or chronic illnesses or trauma. It is also most beneficial if you consider yourself someone with controlling tendencies and you usually have a hard time letting go.

We usually recommend to have 2 integration sessions for 2 ceremonies over a period of 4 days, but for some people the shorter time period feels better.

Prices:

Price in prime location Amsterdam: 3.910 Euros

Price in Other Locations: 3.610 Euros

2 People with 1 Shared Practitioner

Price in prime location Amsterdam: 5.700 Euros

Price in Other Locations: 5.400 Euros

3 People with 1 Shared Practitioner

Price in prime location Amsterdam: 7.380 Euros

Price in Other Locations: 6.980 Euros

SAPPHIRE

*2 CEREMONIES & 2 INTEGRATION SESSIONS

Length:

This retreat will be held over the course of 3-4 Days and we offer different options.

Options 1 is our first recommendations, with the latter options for those who have more time constraints.

Option 1:

Day 1: Psilocybin Session
Day 2: Integration Session
Day 3: Psilocybin Session
Day 4: Integration Session

Option 2:

Day 1: Psilocybin Session
Day 2: Integration Session
Day 3: Psilocybin Session
Later online: Integration Session

Option 3:

Day 1: Psilocybin Session
Day 2: Integration + Psilocybin Session
Day 3: Integration Session

What is included?

*Online Preparation Session

*2 x 5-7 hours with your Psilocybin Facilitator

*2x 1h integration session the next day in person or a few days later online

Please remember that you need to book your own accommodation.

Who is this for?

This package is for those who want to go deeper and get the most out of their experience and find insights about deep-rooted issues in their lives such as depression, anxiety, PTSD, chronic illnesses or trauma.

It is also most beneficial if you consider yourself someone with controlling tendencies and you usually have a hard time letting go.

Prices:

Price in prime location Amsterdam: 4.160 Euros

Price in Other Locations: 3.860 Euros

2 People with 1 Shared Practitioner

Price in prime location Amsterdam: 6.200 Euros

Price in Other Locations: 5.900 Euros

3 People with 1 Shared Practitioner

Price in prime location Amsterdam: 8.080 Euros

Price in Other Locations: 7.680 Euros

DIAMOND

*3 CEREMONIES & 3 INTEGRATION SESSIONS

Length:

3 full Days and 3h integration sessions over the course of 6 Days.

What is included?

*Online Preparation Session

*3 x 5-7 hours with your Psilocybin Facilitator

*3x 1h integration session the next day in person or a few days later online

Please remember that you need to book your own accomodation.

Who is this for?

This is for those who want to have the most profound experience and to break free of their negative behavioural patterns or have very deep rooted issues to work through. To come for 3 sessions, you need to be prepared for a very intense week.

Prices:

Price in prime location Amsterdam: 5.800 Euros

Price in Other Locations: 5.500 Euros

2 People with 1 Shared Practitioner

Price in prime location Amsterdam: 8.800 Euros

Price in Other Locations: 8.400 Euros

3 People with 1 Shared Practitioner

Price in prime location Amsterdam: 10.700 Euros

Price in Other Locations: 10.300 Euros





EXTRAS

Extra Preparation Sessions:

To deepen your experience, establish trust in your own ability to navigate the journey and get to know your practitioner better, you can book additional online preparation session(s).

Extra Integration Sessions:

To get more out of your journey and have someone accompany you while you are making changes in your life according to the insights you have received from your psilocybin journey, you can book ongoing integration sessions.

Clinical Trial Protocols:

During many of the Psilocybin clinical trials for therapeutic purposes, the usual protocol has been 3 preparation sessions and 3 integration sessions.

Extra sessions can be booked as single sessions or as a package.

Prices:

A **single extra session** of 1h costs 250 Euros.

A package of **5 extra sessions** will be 1100 Euros, which is 220 Euros per session.

A package of **10 extra sessions** will be 2000 Euros, which is 200 Euros per session.

GROUP EXPERIENCES: 6 DAY PSILOCYBIN RETREAT IN THE NETHERLANDS

4 to 5 times per year we offer all inclusive group retreats.

The Shift Retreat will be 6 Days to Rediscover your Path, Find Clarity and Create Lasting Change.

The Shift is a Retreat Experience of Deep Personal Growth, Clarity, Direction and Togetherness.

The week will include 2 x Psilocybin Ceremonies, 2x Microdosing Psilocybin experiences, Integration Therapy, Trauma Resolution, Deep Emotional Support, Vegan or Vegetarian Food cooked by our private chef and Luxury Accommodation and of course some Fun!

We will offer only 12 places to this retreat to insure maximum attention for each participant and an intimate setting.

To find out more about our retreats and learn about the next scheduled dates and availabilities, click on our retreat website: [The Shift Retreat](#).