Our Commitment to Preparation

Participation in this retreat includes a required 6-week online preparation program that begins before we gather in person. This preparation is not optional, and it is not simply informational. It is an essential part of the retreat itself.

Psychedelic work tends to amplify whatever is already happening in the nervous system. States of curiosity, trust, and embodied support can become more available — and so can states of fear, bracing, dissociation, or overwhelm.

Because of this, our primary focus before working with medicine is helping the body learn how to recognize activation and come back from it.

During the six weeks leading up to the retreat, we meet online to gently build the foundations that allow the in-person experience to unfold with more safety, coherence, and choice. Together, we practice:

- noticing early signs of nervous-system activation
- orienting toward safety and support
- staying present with sensation without forcing or enduring
- understanding how protective patterns show up under stress
- developing shared language and pacing for the work we'll do together

This preparation work gives your nervous system something it cannot get from information alone: experience. Experience of slowing down. Experience of being supported. Experience of moving between intensity and settling.

By the time we arrive at the retreat, your body will already be familiar with the practices, rhythms, and relational agreements we use. This allows the medicine work to be less about "holding it together" and more about listening, integrating, and restoring.

Many participants find that this six-week preparation period is as meaningful as the retreat itself — and that it profoundly shapes how the medicine is experienced and integrated afterward.

We see this commitment as an expression of care: for you, for the group, and for the depth of work we are undertaking together.