



PSILOCYBIN RETREAT

For Professionals Engaged in the
Art of Human Transformation

CURATED BY



CARDEA

APRIL 27-MAY 3

TREASURE BEACH, JAMAICA

Welcome

ABOUT OUR RETREAT

With decades of experience in psychedelic, psychiatric and psychotherapeutic practices between us, Cardea and Home-LA invite all practitioners of the transformational arts to a weeklong immersive retreat in Jamaica where, free of hype and liberated from diagnostic labels and one-size-fits-all practices, we will face uncertainty together and innovate something both wise and new that will be a creation all our own.



LOCATION

Treasure Breach

DAYS + NIGHTS

Seven + Six

DATES

April 27 - May 3

OF GUESTS

15 maximum

WHAT TO EXPECT

- Four pre-retreat Dialogic sessions with host facilitators, using our Lascaux method to set intentions for your journey
- Three psilocybin inward facing group ceremonies guided by highly skilled facilitators who are trained in both traditional indigenous and modern sound healing techniques
- Continued 1 on 1 Dialogic sessions with our hosts, using our Lascaux method to further our dialogue with you in between your ceremony days
- Art-making, energetic bodywork, yoga, local hikes, and beach-front access
- Community building and group share circles in between ceremony days
- After the retreat, four more reflective "Un-integration" sessions with hosts, to reach deeper and unforeseen meanings to insight gained



About Us

CARDEA is a psychedelic-care program that offers ketamine treatment in New York City and psilocybin journeys in Treasure Beach, Jamaica. Founded by

individuals with decades of experience in both the psychedelic and psychotherapeutic arts, we have developed the Lascaux method, a form of care aimed to transport individuals to more playful and “unintegrated” states with and without the aid of psychedelics. The Lascaux method uses a practice called **Dialogic**, a reflection-based communication style for intention-setting, using a series of images, that continues throughout your care. It is conducted with two practitioners who resist formulation and lean into curiosity about you. We are the professional home of psychedelic practitioners, vibrational sound artists, bodyworkers, artists, musicians and psychotherapists.



CARDEA



Home-LA is a clinician-run holistic wellness center in Los Angeles that offers integrative services for groups and individuals as well as psychedelic trainings and experientials for our colleagues.

We are a multidisciplinary team with decades of experience, wisdom and heart invested in everything from psychoanalysis and psychiatry to acupuncture and shamanism and trauma and addiction treatment. Our mission is the integration of therapy, psychiatry and psychedelics in the collaborative healing of mind, body, soul and spirit. All of our clinicians are psychedelically trained to utilize ketamine-assisted psychotherapy and prepared for the legalization of MDMA and psilocybin.

Our Philosophy

As compounds that were once mainly part of indigenous practices, Western counterculture or underground activity enter mainstream health care and above ground exploration, we are in the midst of a psychedelic renaissance. There is much promise in this new way of approaching extreme events of mind and mood and problematic habits that goes beyond symptom management to the heart of suffering, and in it much potential for a greater awakening to one's self and to the living world. That being said, there is, of course, also danger that comes with the promise of "magic" pills, the commodification of sacred practices and the language of psychological brokenness.



Who is this for?

This experience is built for both the psychedelic novice who is curious about integrating psychedelics into their practice and for practitioners well-versed in the psychedelic arts. For both, we offer the chance to wake up a little (or a lot), to return to your work anew, to escape tired narratives and/or motifs in your practice and to spend some time in the awe and wonder of uncertainty. All human growth is an improvisational event after all, and the best facilitation of growth takes an improvisational spirit.

Your Hosts

A NOTE FROM THE HOSTS

We are honored to hold space for our fellow spaceholders. Through dialogue, art, music, bodywork and, of course, psychedelic ceremonies facilitated by highly experienced ceremonialists. We ask that you bring only your curiosity, courage and an open heart, i.e., the very things you bring to the people you help.

We see the retreat as a personal exploration catalyzed by psychedelic mushrooms, ceremonialists, artists and music in an environment curated to create ease and safety.

We are all co-collaborators in trying to make the world a better place. Come luxuriate in a week of sunshine, music, art, mushrooms and new friends. Together we can imagine the world we want to live in and bring our lessons back to our communities to begin making it a reality.

With Gratitude,

CARDEA
& HOME-LA



The Itinerary

DAY 1 - APRIL 27

- 2pm - Arrive to MJB airport (complimentary shuttle provided)
- 4pm - Arrival to Kotch Villa
- 5pm - Orientation Dinner
- 7pm - Sound bath

DAY 2 - APRIL 28

- 9am - Breakfast
- 11am - Cacao Ceremony
- 1pm - Lunch
- 2pm - 1 on 1 Dialogic Meetings
- 5pm - Mushroom Ceremony #1
- 10pm - Dinner

DAY 3 - APRIL 29

- 9am - Breakfast
- 11am - Group Sharing Circle
- 1pm - Lunch
- 2pm - 1 on 1 Dialogic Meetings
- 5pm - Yoga & Energy work
- 7pm - Dinner



Food & drink

- Gourmet chef services onsite serving a variety of custom and local farm-to-table dishes for every meal
- Vegan, Vegetarian, and Gluten-free options available
- Alcohol-free mocktails available with Kava plant
- Coffee, Tea, Juices, Fruit, and snacks available 24/7 in each Villa's shared Villa kitchens

The Itinerary

DAY 4 - APRIL 30

- 7am - Sacred Hike
- 9am - Breakfast
- 11am - Relax + Massages
- 1pm - Lunch
- 3pm - Mushroom Ceremony #2
- 9pm - Dinner

DAY 5 - MAY 1

- 9am - Breakfast
- 11am - Group Sharing Circle
- 1pm - Lunch
- 2pm - 1 on 1 Dialogic Meetings
- 7pm - Mocktails & Dinner

DAY 6 - MAY 2

- 9am - Breakfast
- 11am - Relax + Massages
- 1pm - Lunch
- 3pm - Mushroom Ceremony #3
- 9pm - Dinner
- 10pm - Bonfire and closing ceremony

DAY 7 - MAY 3

- 9am - Breakfast
- 11am - Checkout and complimentary shuttle back to MJB airport
- 2pm on - Departure flights from MJB



The Property

Kotch Properties, a collection of three beachfront villas, with tropical-luxe amenities in beautiful natural surroundings, offering a choice of single- and double-occupancy rooms, and penthouse suites, all with their own baths and semi-outdoor showers.



- Beachfront access and private pools and lounging nooks tucked away in each villa
- Local cuisine by renowned chefs
- Custom-Designed spaces with local art and furniture sourced small businesses
- 5 star rating with exceptional service + staff

WEBSITE

kotchvilla.com

ADDRESS

Old Wharf Rd, Treasure Beach, Jamaica



INVESTMENT

- SINGLE OCCUPANCY \$7,000 - \$10,000 (PER PERSON)
- DOUBLE OCCUPANCY \$11,000 - \$15,000 (PER COUPLE)

Double Occupancy rooms must be shared by friends or partners - we do not place you with unknown guest. If you are coming alone, you must purchase a single occupancy room