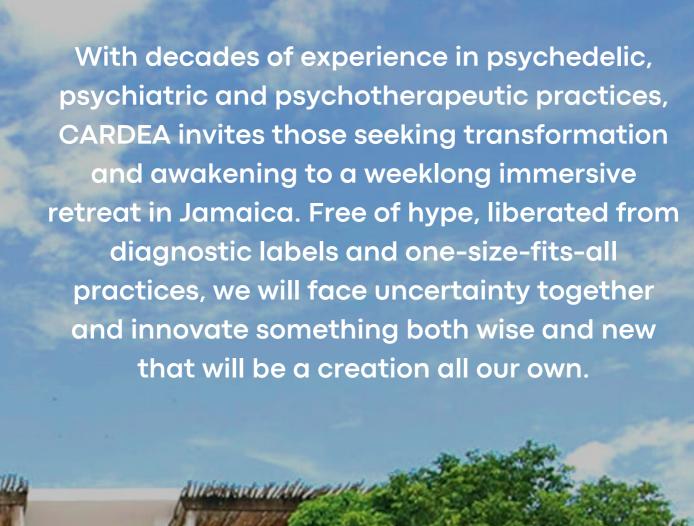
CARDEA

PSILOCYBIN RETREAT



Treasure Beach, Jamaica • October 9 - 15th





INTRODUCTION

THE THRESHOLD

Whether we notice it or not, we all stand on a threshold.

One that begins in the space between who we are as original beings, and the cultural, social and natural worlds that exist independent of us. A world of you, and a world that is not you, but of which you are a part, and a grappling with where you rest between these two worlds.

Psychedelics have a long history of helping people examine this threshold between the Self and the world, and how to move through it in order to narrow the divide between an individual's internal growth and a connection to a greater whole.

THE DOORWAY

We combine decades of wisdom from both practices to help you journey to where you already are: the doorway between your inner life and the outer landscape in which you roam. Indeed, it is for this reason that we chose our name to honor Cardea, the ancient Roman "threshold" goddess of hinges and handles—the tools that make doors work.

This is not a one-off experience. This is not the break from day-to-day life-to return to how things were. We believe it is our job to help you improve your ability to pivot and master yourself at this in-between space long after your time with us.

WHAT TO EXPECT

Introduction to The Cardea Method

including Dialogic sessions, a reflection-based listening model for preparing and processing your experience

Two Pre-Retreat 1:1 Dialogic Sessions

and 1 group virtual meeting prior to the retreat

Three Inward-facing Psilocybin Sound Ceremonies

guided by skilled facilitators trained in both traditional indigenous and modern sound healing techniques

Group and 1:1 Reflection Sessions

led by our facilitators the day after each ceremony to make meaning of your experiences and deepen your intentions

Somatic Sessions

Reiki healing, bodywork, yoga, breath work, local hikes for deeper somatic healing

Luxury Accommodations

5-star private chef, on-premise concierge services, beach-front access, three private pools

Post-Retreat Dialogic and Group Sessions

One post-retreat 1:1 Dialogic Session and one group Zoom meetup after you return home

Community Building

Access to Cardea's network of like-minded beings to continue enriching your work with psychedelics

SAMPLE ITINERARY

DAY 1 - ARRIVAL

- 2pm Arrive at MJB airport. Greeted by complimentary shuttle
- 4pm Arrival at Kotch Villa
- 5pm Kava Mocktails and Orientation Dinner
- 8pm Vibrational sound ceremony

DAY 2 - HANDLE DAY

- 9am Breakfast
- 11am Massages and Reiki
- 1pm Lunch
- 2pm 1:1 Dialogics with Art-making
- 4pm Cacao Ceremony
- 5pm Mushroom Ceremony #1
- 10pm Light Dinner

DAY 3 - HINGE DAY

- 9am Breakfast
- 11am Group Sharing Circle
- 1pm Lunch
- 2pm 1 on 1 Dialogic Meetings
- 5pm *Breds Foundation Tour
- 7pm Hearty Dinner
- 8pm Evening Yoga

*The Breds Foundation is a local charity fostering community empowerment and enriching the livelihoods of Treasure Beach community members through education, vocational training and recreation programs. We donate 10% of retreat profits to The Breds Foundation.

DAY 4 - HANDLE DAY

- 7am Sacred Hike led by local guide
- 9am Breakfast
- 11am 1:1 Dialogic Meetings cont.
- 1pm Lunch
- 5pm Mushroom Ceremony #2
- 10pm Light Dinner

DAY 5 - HANDLE DAY

- 8am Optional morning yoga
- 9am Breakfast
- 11am Guided Movement Practice
- 1pm Lunch
- 2pm Acupuncture Sessions
- 5pm Mushroom Ceremony #3
- 10pm Light Dinner

DAY 6 - HINGE DAY

- 9am Breakfast
- 11am Group Share Circle
- 1pm Lunch
- 2pm Massages and Reiki
- 4pm 1 on 1 Dialogic Meetings
- 7pm Mocktails & Dinner
- 9pm Bonfire and closing ceremony

DAY 7 - DEPARTURE

- 9am Breakfast
- 10am Pack up and check out
- 11am Complimentary shuttle back to MJB airport (2 hours)
- 3pm Departing Flights from MJB

THE PRACITIONERS



Ross Ellenhorn, LICSW, Ph.D

Ross is a Cardea co-founder, CEO of Ellenhorn Psychiatric Recovery Program, and a pioneer and leader in the development of community integration services. His work and therapeutic model empower individuals to achieve recovery and purposeful reconnection to real life while remaining in their own communities and outside institutional settings. His recent book, How We Change (And Ten Reasons Why We Don't), published by HarperCollins in 2020, focuses on the science of human change, and how this science supports the argument that change occurs in collaborative and co-created relationships. Ross developed the Cardea Method and co-facilitates all Dialogic session pre, post, and during retreat.



Aisha Delfaus, PMHNP-BC

Aisha is a dedicated Psychiatric Mental Health Nurse
Practitioner, wellness advocate, and holistic healer. She strives
to deliver care that embraces a holistic and humanistic
approach, intentionally nurturing the mind, body, and soul in
an integrated manner. Aisha earned her Master's degree in
Psychiatric-Mental Health Nursing from Hunter College School
of Nursing, completed a 200-hour Vinyasa yoga teacher
training at Yogamaya and a 300-hour Kaula Tantra yoga and
shamanism course at Durga's Tiger School in Ecuador, as well
as trained Thai yoga bodywork practitioner. She will be
assisting our guests as our in house nurse practioner, as well
as ceremonial space holder and co-facilitator for all dialogic
sessions pre, post, and during retreat.

THE PRACITIONERS



John "The Juan" MacLean

John is an experienced ceremony facilitator, multiinstrumentalist, and international touring musician and
producer. He has cultivated a deep interest in the ways in which
sound and vibration interact with consciousness, particularly
under the influence of psychedelics. John integrates both
traditional ceremonial techniques of holding space and using
sound as a guide with contemporary modalities that consider the
construct of the Western psyche. John believes in the "Iso
Principle," a concept from music therapy that values an attuned
approach to each person. He works intuitively in the ceremonial
space in order to co-create the safest and most helpful
experience with the participants for whom he is holding space.
John returns for his fourth Cardea retreat to facilitate psilocybin
and acupuncture ceremonies with live sound.



Le' Jai' La Troi

Le' Jai' La Troi is a medicine woman based in Mexico and founder of Akashic Remedies who works with sacred plants and modalities to help others come back into alignment. She is a writer, coach, consultant, reiki master, herbalist, teacher, and channel who accesses the Akashic Records. Le' Jai' La has worked in wellness and with entheogenic plants for the past twelve years, studying with indigenous wisdom keepers and learning traditional healing techniques from teachers worldwide. Her studies range from curanderismo, Native American, African healing, and shamanic practices to yoga, sound meditations, and more. Her diverse understanding of various traditional methods allows her to bridge the connection of ancient technology with modern practices to empower individuals to discover their highest selves. Le Jai La returns for her third retreat with Cardea to bring her healing wisdom through Cacao and Psilocybin plant ceremonies

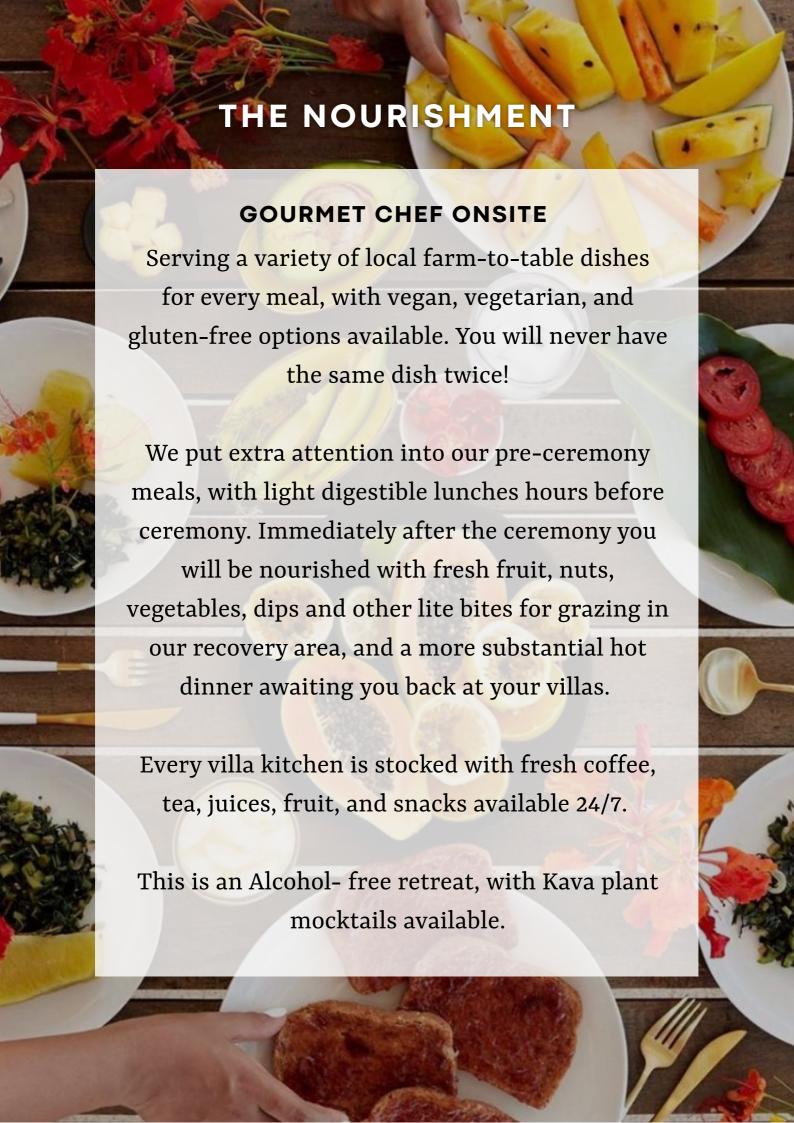
THE PROPERTY

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.

"Kotch" is Jamaican patwa for a temporary stay with friends – a place to hang or chill for a while.

Our partner, host, and fellow guide, Jodi-Ann
Moser and her husband James Godfrey, have
created just that kind of space; a "kotch lifestyle"
of casual luxury. Jodi and James have sourced as
much as possible from local entrepreneurs,
farmers and businesses; from the farm-to-table
ingredients in their meals, to the local art and
furniture in their homes, and the friendly service
from their local staff.



THE EXCHANGE

SINGLE OCCUPANCY:

\$7,000 - \$10,000 (PER PERSON)

DOUBLE OCCUPANCY:

\$11,000 - \$15,000 (PER COUPLE)

Range is based on unique room selection. See next page for breakdown of prices per room

ALL INCLUSIVE:

6 nights, 7 days lodging at 5 star ocean-front villas, with housekeeping and concierge services

All meals, cooked by onsite chef with local farm-to-table indigents, and stocked kitchens in each villa with snacks, juices, coffee & tea

3 community Psilocybin ceremonies guided by live-sound practitioners and space-holders

1 community acupuncture session guided with live sound

1 cacao ceremony

1 massage and body work with local energy worker

Multiple group yoga practice and Movement Meditation

6 total 1 on 1 Dialogic Sessions with our facilitators to hone your intentions. 5 total community share circles (pre, post & during retreat)

Local guided hike on the sacred land and group excursion to the community foundation BREDS

Private transportation to and from Montego Bay Sangster Airport

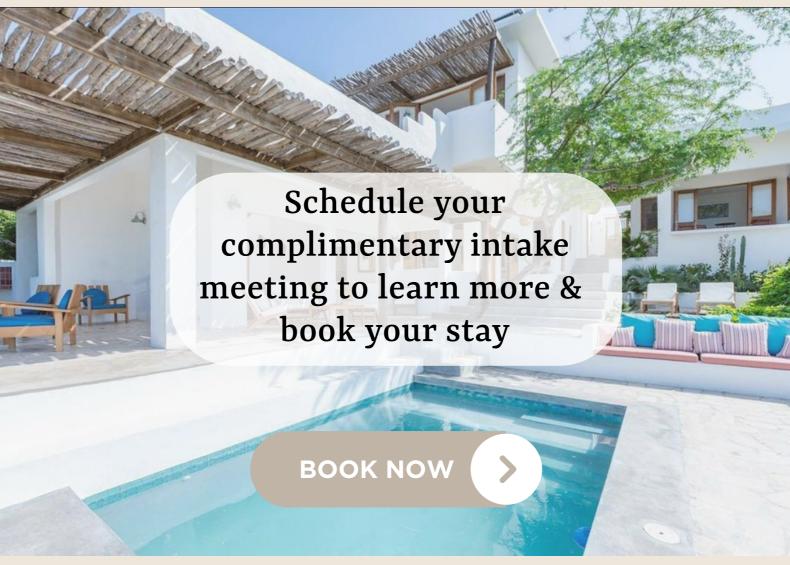
All gratuities for staff and services

Medical Professionals on call 24/7

















OPEN UP TO A WIDE
ROOFTOP PATIO WITH ITS
OWN PLUNGE POOL AND
SUNBATHING DECK. A
SECOND ROOFTOP TERRACE
WITH OUTDOOR SHOWER IS
ACCESSED FROM THE FULL
ENSUITE BATHROOM. ROOM
INCLUDES AC, FANS, FLAT
SCREEN TELEVISION, SOUTHFACING OCEAN VIEWS AND
NORTH-FACING MOUNTAIN
VISTAS ALL ABOVE A CANOPY
OF TREES AND LUSH

VEGETATION.











Single occupancy - \$10,000 Shared occupancy - \$15,000

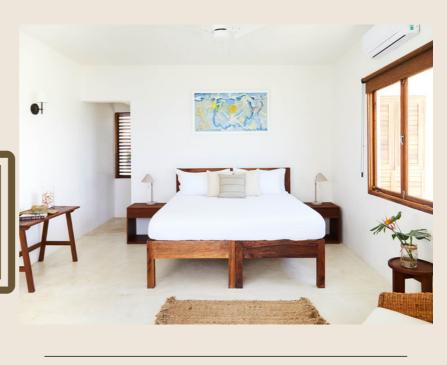
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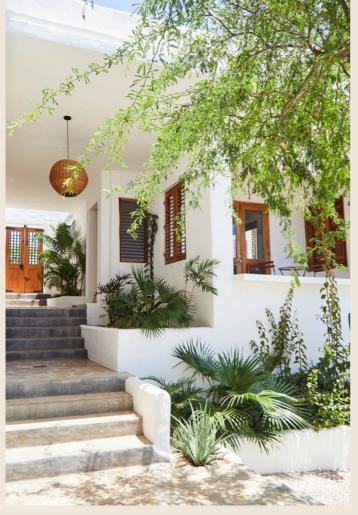
FANS, FLAT SCREEN TV

AND FULL ENSUITE

BATHROOM WITH SEMIOUTDOOR SHOWER.









Single occupancy - \$8,500 Shared occupancy - \$12,500



FULL ENSUITE BAINKUUM.

PRIVATE ENTRACE
TUCKED BACK IN THE
VILLA WITH EASY ACCESS
TO POOL, LOUNGING
NOOKS AND SHARED
KITCHED.









Single occupancy - \$7,500 Shared occupancy - \$11,500

<u>PEENIWALLI</u>

STARLIGHT | IR. PENTHOUSE

BEDROOM WITH KINGSIZED BED AND 360

DEGREE VIEWS OF OCEAN
AND MOUNTAINS.

FRENCH DOORS OPEN UP
TO A WRAP-AROUND
BALCONY WITH AN
OUTDOOR SHOWER. AC,
FANS, FLAT SCREEN TV
AND FULL ENSUITE
BATHROOM WITH PRIVATE
AREA.









Single occupancy - \$9,500 Shared occupancy - \$13,500

<u>PEENIWALLI</u>

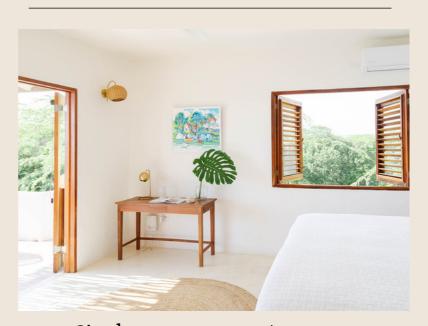
$\overline{DRAGONFLY}$

BEDROOM WITH KINGSIZED BED, AC, FAN,
FLAT SCREEN TV, FULL
ENSUITE BATHROOM AND
FRENCH DOORS THAT
OPEN TO AN OCEANFACING WRAP AROUND
VERANDAH WITH AN
OUTDOOR SHOWER
FLOATING ABOVE A
CANOPY OF TREES.









Single occupancy - \$8,500 Shared occupancy - \$12,500



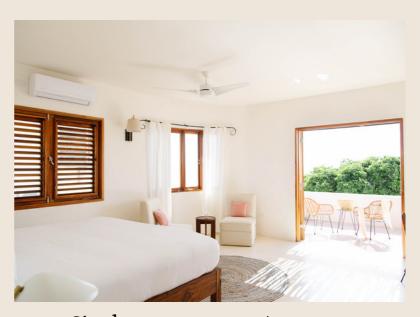
OCEAN FACING PAICONV

AND SEMI-OUTDOOR
SHOWER, AND FULL
ENSUITE BATHROOM.
SOFTLY CURVED WALLS
COOLED BY THE SHADING
OF THE OUTDOOR
PERGOLA.









Single occupancy - \$8,500 Shared occupancy - \$12,500



(TROUND FLOOR

RESERVED

SWEET TREE.

EQUPPED WITH AC, FAN,
FLAT SCREEN TV AND
FULL ENSUITE
BATHROOM.









Single occupancy - \$7,500 Shared occupancy - \$11,500



/SKY SUITE PENTHOUSE

RESERVED

OPEN WIDE TO PRIVATE
WRAP ARROUND FURNISHED
TERRACE LOUNGE, AC AND
FANS, OUTDOOR SHOWER
AND FAR-REACHING
OCEAN VIEWS.













BATHROOM, AND SEASIDE TERRACES. ADJOINED BY A SPACIOUS FAMILY-STYLE LIVING AND DINING AREA, FLAT SCREEN TELEVISION AND OCEAN VIEWS.









Single occupancy - \$8,500 Shared occupancy - \$12,500



WITH THE USE OF A
TOPPER, ADJOINED BY A
FULL KITCHEN, DINING AND
LIVING AREA, OCEAN
ACCESS, LARGE GROUNDFLOOR TERRACE AND
GARDEN LOUNGE WITH
OUTDOOR SHOWER.









Single occupancy - \$7,000 Shared occupancy - \$11,000