

CARDEA

PSILOCYBIN RETREAT



Treasure Beach, Jamaica • October 9 - 15th

With decades of experience in psychedelic, psychiatric and psychotherapeutic practices, CARDEA invites those seeking transformation and awakening to a weeklong immersive retreat in Jamaica. Free of hype, 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.



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

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Two Pre-Retreat 1:1 Dialogic Sessions

and 1 group virtual meeting prior to the retreat

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Three Inward-facing Psilocybin Sound Ceremonies

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

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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

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Somatic Sessions

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

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Luxury Accommodations

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

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Post-Retreat Dialogic and Group Sessions

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

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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 PRACTITIONERS



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 practitioner, as well as ceremonial space holder and co-facilitator for all dialogic sessions pre, post, and during retreat.

THE PRACTITIONERS



John “The Juan” MacLean

John is an experienced ceremony facilitator, multi-instrumentalist, 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 NOURISHMENT

GOURMET CHEF ONSITE

Serving a variety of local farm-to-table dishes for every meal, with vegan, vegetarian, and gluten-free options available. You will never have the same dish twice!

We put extra attention into our pre-ceremony meals, with light digestible lunches hours before ceremony. Immediately after the ceremony you will be nourished with fresh fruit, nuts, vegetables, dips and other lite bites for grazing in our recovery area, and a more substantial hot dinner awaiting you back at your villas.

Every villa kitchen is stocked with fresh coffee, tea, juices, fruit, and snacks available 24/7.

This is an Alcohol- free retreat, with Kava plant mocktails available.

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

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

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

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1 community acupuncture session guided with live sound

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1 cacao ceremony

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1 massage and body work with local energy worker

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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)

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

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Private transportation to and from Montego Bay Sangster Airport

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All gratuities for staff and services

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Medical Professionals on call 24/7



STEPPA

*PANORAMA
PENTHOUSE*

RESERVED



LOUVRED FRENCH DOORS
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, SOUTH-
FACING OCEAN VIEWS AND
NORTH-FACING MOUNTAIN
VISTAS ALL ABOVE A CANOPY
OF TREES AND LUSH
VEGETATION.



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



STEPPA

VISTA SUITE

RESERVED

FANS, FLAT SCREEN TV
AND FULL ENSUITE
BATHROOM WITH SEMI-
OUTDOOR SHOWER.



Single occupancy - \$8,500

Shared occupancy - \$12,500



STEPPA

COZY SUITE

RESERVED

FULL ENSUITE BATHROOM.

PRIVATE ENTRANCE

TUCKED BACK IN THE

VILLA WITH EASY ACCESS

TO POOL, LOUNGING

NOOKS AND SHARED

KITCHED.



Single occupancy - \$7,500

Shared occupancy - \$11,500



PEENIWALLI

STARLIGHT JR. PENTHOUSE

BEDROOM WITH KING-SIZED 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



PEENIWALLI

DRAGONFLY

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



Single occupancy - \$8,500

Shared occupancy - \$12,500



PEENIWALLI

FIRELY

RESERVED

OCEAN-FACING BALCONY

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



PEENIWALLI

SWEET TREE

GROUND FLOOR

RESERVED

SWEET TREE.
EQUIPPED WITH AC, FAN,
FLAT SCREEN TV AND
FULL ENSUITE
BATHROOM.



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



KOTCH VILLA

SKY SUITE (PENTHOUSE)

RESERVED

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



Single occupancy - \$10,000

Shared occupancy - \$15,000



KOTCH VILLA

SEA SUITES

RESERVED

AND FANS ENSUITE

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



KOTCH VILLA

OCEAN SUITES

RESERVED

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



Single occupancy - \$7,000

Shared occupancy - \$11,000

