

Communitas - Group Offerings



We believe there is immense value in building community when pursuing individual growth & healing. All group experiences begin with a collaborative creative process that involves art-making, imagination, and play, to bring you to a state of openness and curiosity prior to the ketamine journey. Immediately following, you'll be led to our Gathering Grotto for an hour-long ketamine journey accompanied by live vibrational sound from our experienced facilitators, and supported by a licensed therapist and space holder. The ketamine is self-administered through a nasal spray over two dosing opportunities. After the journey, guests are welcomed to relax and come together over fruit and tea, or remain in their solo process, with optional acupuncture offered at select sessions. Integration sessions are held virtually the week after.

MEDICAL ASSESSMENT
\$100

After your scheduled intake call, we will connect you with a doctor who will conduct a medical and mental health assessment, determine eligibility, and prescribe the medication. This is a one-time fee and any follow up appointments will be free within the year.

MEDICATION
\$75-\$100

You will be prescribed a ketamine nasal spray which will be made by a compounding pharmacy and sent directly to your home. Price varies depending on package purchased.

1-Single-session
\$350

3-Sessions Package
\$800

6-Sessions Package
\$1500

This is an open group that can take up to 7 participants. It will include:

- Introductions, Creative/Dialogic Process (1.25 hour)
- Ketamine Journey (1 hour)
- Recovery & lite refreshments (1.25 hour) *Acupuncture during this hour during designated groups
- Follow Up integration meetings held bi-weekly for any Cardea guests. The first meeting is free with any package. You are welcome to join additional integration meetings for a \$25 fee.

If you are purchasing a multi-session package, our pacing recommendation is at least one week apart between sessions. All upcoming dates are available on our [website](#).

Private Group Experience
\$350

If you are interested in a closed private group for you and your family, friends, or network, we can help you curate the right experience to meet the group's needs. Please reach out to us directly with your request at ketamine@cardea.net.