

SACRED CEREMONY & RETREAT GUIDE

Before we begin, please understand that due to current regulations, this experience requires the utmost privacy. I ask that you hold all the following information in confidence. Thank you.



It is not by chance that you've arrived on this page. The plant path calls to those who are ready. Those who are awake enough to be courted as a witness to the sweet simple complexity of the human experience.

Thus, I welcome you to join me on a journey of elevated consciousness and inner exploration together with the fungi teachers and ancestral guides. I invite you to voyage into the depths of your mind, body, and soul in a safe, sacred space through the grace of masterful plant teachers, sound healing, and human connection.

AWAKEN YOUR INNER WISDOM

It's easy to lose touch with our innate divinity and connection to others in today's world. Retreats help us to remember ourselves as sacred, interconnected beings and to cultivate our inner wisdom through sacred ritual.

On retreat, you'll engage in personal and group development, work through meaningful activities, sacred plant medicine ceremonies, and powerful integration processes to experience the effervescent phases of transformation.

WHAT TO EXPECT

During this 3-day, 2-night retreat, you can expect to experience an evolution of consciousness in a safe, supportive space with me as your guide. Certified in clinical health practices and trained by elders of the medicine, I will help facilitate your journey by holding space as the medicine moves through you.

While on retreat, you can also expect to participate in guided yoga, meditation, breath work, sound healing, sharing circles, energy work, connection activities, and spending glorious time in nature. In addition, you can look forward to learning how to apply the lessons from your experience to everyday life to support long-term, positive behavioral change. While you are still the ultimate one in control of your growth, these retreats can help remind you of your ability and innate power to make lasting transformations in your life.

BASIC SCHEDULE OUTLINE

Friday afternoon – 3-4pm arrival, opening circle.

Friday evening – supper, yoga nidra.

Saturday morning – breakfast, yoga, free time.

Saturday afternoon – plant medicine ceremony.

Saturday night – supper, releasing ceremony.

Sunday morning – breakfast, yoga, and integration circle, ends around 3pm

FOOD

All food and drinks are provided (see meal schedule above). Fresh water and herbal teas are always available. Meals are all plant based and some accommodations can be made for certain food intolerances. Please let me know as soon as possible of food allergies.

LODGING

Sleeping accommodations are co-ed, dorm-style with one twin bunk bed available per guest in a shared room with shared bathrooms. For an additional investment, 2 semi-private rooms with 2 queen beds each can be made available for up to 4 guests per room. These are first come first serve. (See Spiritual Investment section below)

There will be men and women sleeping in the same room, but not sharing the same beds. Bathrooms are also shared, but are used one person at a time, so thus private while you are using them. Private bathrooms are also available throughout the retreat center as well as showers.

FACILITY

Michigan retreats are held at a retreat center approximately 30 miles north of Ann Arbor. Exact location will be provided upon receipt of deposit to protect the privacy of the host facility.

The lakefront retreat is nestled on 10,000 square feet of private land surrounded by acres of serene forest and spectacular wildlife. Guests enjoy access to nature, quiet spaces for inner exploration and a multipurpose room that encourages group connection activities. The retreat also offers a relaxing indoor pool and hot tub, private showers, and all the comforts of home.

YOUR FACILITATOR

I have traveled the world exploring the different ways that cultures interact with plant medicine.

Through these experiences, I have cultivated my natural ability to be a non-judgmental witness and loving support to others on their journey using ancient and contemporary techniques, always honoring the ancestral legacy of ceremony.

STUDENT

As a humble student of life, I have obtained a wide range of certifications, degrees and specialized training that have prepared me to guide others through altered states of consciousness in a safe and supportive space.

I have earned a Master's Degree in Public Health, a license in massage therapy, a certification as a trauma informed yoga instructor, a certification in personal training, and an array of specialized coaching techniques including: trauma response, entheogenic plant usage, behavioral adaptation and more.

The knowledge I have and continue to obtain is offered through sacred ceremonies during every retreat.

ADVOCATE

As an advocate for the unrestricted accessibility and safe use of plant medicine, I have chosen the path of most resistance for the greater good of humanity.

It is my mission to assist in the decriminalization of plant medicine, devoting my Master's Degree thesis "The Experience of Psychedelics in Recovery" to the topic.

Please visit my website's About page to read this thesis to gain more insight into my position on the importance of plant medicine in therapy and the research that supports it.

In addition, I am an active member of Decriminalize Nature; "members of the community working to decriminalize entheogenic plants, restore our root connection to nature, and improve human health and well-being."

I work with city officials across Michigan on exploring the benefits of creating policies to decriminalize plant medicine and consult with government organizations on how to approach this much needed change.

CULTIVATOR

As a cultivator of plant medicine, it is my honor to work with the mycelial network of fungi to act as a voice for their wisdom and medicine. I have been entrusted as a steward of the growth cycle and as such, take the responsibility very seriously. All mediums are organic, carefully cultivated by hand, and cared for with the utmost respect. All plant medicine consumed during the ceremony is cultivated with deep care by my own hands.

FACILITATOR

As a facilitator of expanded consciousness, my mission is to guide you on a journey of inner exploration while creating a carefully crafted, sacred, physical container.

My role as a facilitator of ceremony is to hold space for you, the medicine, and the universal consciousness to flow freely while tending to the infinite being inside the temple of your body.

I have a wealth of tools, practices, techniques, and remedies that can be accessed at any time to help you through any challenges that may present themselves along the way.

I also have the depth of presence to protect the quiet inner workings of your journey in an unobstructed manner.

APPLICATION PROCESS & PAYMENT

After reading through the guide fully, simply return to the webpage Sacred Ceremony & Retreat where you downloaded this guide and click on the button that says, "Apply Now".

Once you apply, you will receive an email with a link to schedule your free discovery call with me. During that call we will determine if this is the right connection for both you and I, and if so, schedule your in depth, pre-ceremony consultation.

We will also discuss payment arrangements. After the call, you will receive an invoice to pay your initial deposit to secure your spot in the retreat. Please note that the full balance must be paid prior to the commencement of the retreat.

SPIRITUAL INVESTMENT

While a sacred financial exchange is required to engage in the retreat, the spiritual investment extends far deeper than worldly monetary trade.

Your spiritual investment includes your commitment to growth, your personal initiative, your willingness to be open to the experience and your trust in the process.

I ask that before you apply to partake in a retreat, you take a moment to go within and ask yourself if you're ready for such an experience. Whatever you decide, I am here for you when the time is right for you.

\$1444 per person – includes divinely guided experience, food, lodging in co-ed, dorm-style room, all intentional activities including yoga, sound bowl meditation, energy work and more, and a once in a lifetime experience. Plant medicine is always provided as a free offering in exchange for your presence and participation in the retreat.

\$1777 per person – includes all of the above, plus access to one of the semi-private rooms with 2 queen beds and access to the shared bathroom. Only 2 semi-private rooms exist on the property, and each can accommodate a maximum of 4 people. These rooms are best for groups of up to 4 or couples that wish to sleep in a semi-private room. This is a first come first serve option. Please express your desire for a semi-private room at time of application.

WHAT TO BRING TO RETREAT

Bring everything you would normally need for hygiene, clothing and sleeping for 3 days and 2 nights. Sheets, pillow, and blanket for sleeping provided by the retreat center.

Please bring light or white colored clothing for the ceremony. It attracts la luz (the light), and also creates a more functional setting for the facilitators to see you.

Please be sure that what you choose to wear is comfortable, also dressing in layers to accommodate varying degrees of changing body temperature. Expect that you can range from frigid cold to quite warm along your journey.

Do not wear heavily scented perfumes or essential oils.

In addition, please bring:

- Yoga mat
- Toiletries
- Hand sanitizer
- Container for your drinking water (a quiet container preferably)
- Hand sanitizer
- Bathing suit
- Eye mask/cover
- Ear plugs if desired for sleeping (remember the sleeping space is shared and while quiet time is observed, there is no guarantee of silence)

- Any comfort items for the weekend: tissues, lip balm, rose water, hair ties, your favorite throw blanket, slippers, etc.
- Journal (especially for integration notes)
- Any spiritual or altar pieces (crystal, picture, cloth, trinkets, etc.)
- Healthy snacks if you wish to eat in between provided meals

MUSICIANS/SMALL BUSINESS OWNERS

If you are a musician and wish to share your music with the group in the later stage of the ceremony you are welcome to do so. Heart songs, poetry, and any vocalization are encouraged and welcomed.

If you are a small business owner or service provider, we welcome you to share your business cards or bring a small product donation to the group if you wish. Sunday presents the perfect opportunity for networking and discussing how to maintain a continued connection with members of the group after the retreat has ended.

ARRIVAL AND DEPARTURE

Please arrive between 3-4pm to get settled and complete registration. Please do not arrive later than 4pm. Opening circle will commence around 5pm.

The retreat ends on Sunday at 3pm following closing circle. All participants are expected to stay until the retreat ends so please make proper arrangements so you can commit your full attendance to the entirety of the weekend.

DEVICE FREE WEEKEND

While we understand the need to connect with the outside world, family, friends, and work, one purpose of the retreat is to fully submerge in the experience, stepping away from daily, worldly events to surrender to your journey without distractions.

Please make arrangements so that you are able to fully commit to the device-free weekend, turning your cell phone off or on silent (not vibrate) and ideally, not having the electrical device on your body the entire weekend.

Of course, you are welcome to use your device to check in with your family throughout the weekend, we simply ask that you embrace this time to step away from scrolling, digital entertainment, and such.

Please note, no cell phones are allowed during the ceremony to protect the integrity of the experience for everyone, including yourself.

HYDRATION

It is essential that you stay hydrated throughout the weekend with water, herbal teas, and electrolyte fluids. In addition, as we engage in yoga and other intentional activities, being hydrated supports the free flowing of inner fluids to allow energy to move through you with ease. For this reason, please bring a refillable water bottle.

CEREMONY

While each ceremony is unique as we ebb and flow with the energy of the room and plant medicine, we always begin and end our journey with spoken gratitude to the plant medicines that bring us together, the ancestors that paved the way for us, and the nature that sustains us.

The plant medicine is carefully chosen based on the discussion between you and I during our initial consultation to ensure an experience catered to your specific needs. I will choose from the varieties of psilocybin cubensis mushrooms that I personally cultivate and will prepare a dose for you that you will drink at the commencement of the ceremony.

During the ceremony, we will weave a tapestry of sound and silence, using healing sound bowls and a carefully cultivated harmony of music and silence to assist you on your journey.

This ceremony is designed to facilitate your inward journey, and it is encouraged to stay as internal as possible for the duration of your experience. You may move when called to by listening to the wisdom of the body, while maintaining mindfulness of one's space in regard to the other participants.

Many participants feel called to remain in their "nesting space" (you laying on your yoga mat covered with blankets, a pillow, and eye mask) for the duration of the ceremony to explore the depths of the inward journey without the potential distractions of the visual or physical world. Any and all support needed will be readily available by our experienced facilitators, including trips to use the bathrooms and back.

FREQUENTLY ASKED QUESTIONS

Are the meals included?

Yes. Friday supper, Saturday breakfast, (Saturday lunch not provided as the ceremony is held on an empty stomach), Saturday supper, Sunday breakfast. If you tend to eat in between meals, we encourage you to bring your own healthy snacks.

Are the meals vegan?

Yes. All meals are plant based.

Do I have to stay for the entire weekend?

Yes. You are expected to arrive Friday before 4pm and stay until Sunday around 3pm. If you can not do this, please wait to apply for retreat until you can.

What is the dose I will receive and how is that dose determined?

The dose will be discussed during consultation prior to the retreat.

How long does the plant experience last?

It can last between 4-6 hours, with a typical experience lasting about 5 hours.

ANY FURTHER QUESTIONS CAN BE ANSWERED DURING OUR DISCOVERY CALL

FINAL THOUGHTS

It is with great privilege and delight that I welcome you to this exceptional opportunity! From the realms of everlasting expansion that benevolently guide us to gracefully engage in the phases of transformation, we will tend to the infinite being inside the temple of our bodies.

It is an honor to be chosen by you and the plant guides to help in the facilitation of this luminous refinement and intentional excavation. If you have any questions, please feel free to contact me.

With A Deep Bow of Gratitude,

Kelsey