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Sacred Family Retreat
A Journey for Love Navigating
Relationships and Family Bonds

Magic Mushroom - Psilocybin
Family Constellation - Psychedelic Microdosing
Sacred Tobacco - Holotropic Breathwork
Temazcal - Live Music

Barcelona, Spain

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Wild Spirit
Initiatory retreat, a gentle encounter
with the expanded states

Magic Mushroom - Psilocybin - Breathwork
Shamanic drumming - Microdosing Sacred
Tobacco - Ice Bath experience
Temazcal - Live Music

Barcelona, Spain

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Inner Evolution

An awe-inspiring journey beyond
imagination filled with pure love

Ayahuasca - Kambo - Bufo Alvarius
Tabac Sacrée Rapeh - Sananga
Temazcal - Musique Live

Barcelona, Spain

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Holistic Corporate Retreat
On Demand Tailored Retreat

Revitalize your team's spirit,
boost well-being, foster self-discovery
and enhance creativity

+ 30 experiences et ateliers

Barcelona, Spain

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Sacred Tobacco



Bufo Alvarius



Ayahuasca



Sound Healing



Constellations



Live Music



Ayahuasca



Cacao Ceremony



Retreat Center

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**Art Therapy
Mantra Circle**



Cacao Caremony



**Jungle Experience
Colombia**



**Golden Teacher
Magic Mushroom**



Kambo Clense



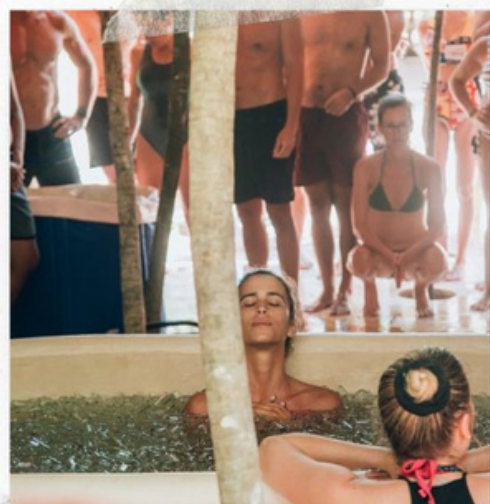
Temazcal



Kambo Clense



**Fire Ceremony
Rituals & more**



Ice Bath

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**Equin Coaching
Heart Coherence**



**Holotropic
Breathwork**



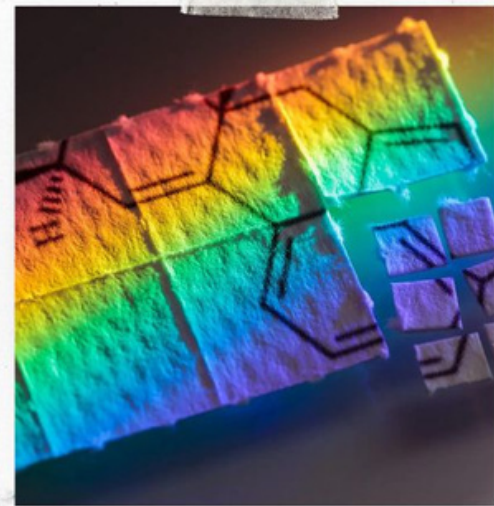
**Integrations
Group dynamics**



Sacred Tobacco



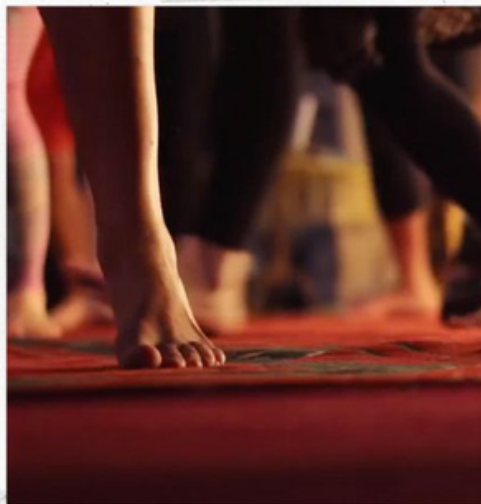
**Yoga - Meditation
Mindfulness**



Microdosing



**Shamanic drums
Voice Therapy**



**Dance therapy
Estatic Dance**



Soufie Dance

Sacred Family Retreat

Sacred Family: Love, Family and Relationships

Retreat package includes:

- 4 days, 3-night stay in a beautiful venue in the middle of the nature.
- We provide you with towels, toiletries and yoga mats.
- Farm to table organic and locally sourced, drinks and fruits available at anytime of the day.
- Savor chef-prepared meals, expertly crafted for a delicious and beautifully presented dining experience.
- Airport transfers included during limited hours.

+12 experiences and Ceremonies:

- 1 Golden teacher Ceremony.
- 1 Holotropic Breathwork journey.
- 2 in-depth wisdom workshops on the universal laws of love with the use of Family constellation.
- 2 Psychotherapeutic Integration with the use of family constellation dynamics.
- 4 Workshops: Plant Medicine & Microdosing, Self-discovery, Inner child, emotional management.
- 1 Sacred tobacco - Rapeh Ceremony, and optionally Sananga, Mapacho, and Mambe are available.
- On the arrival a Temazcal Ceremony (Depend on the weather) or a Cacao ceremony with Sound Healing.
- 3 Morning yoga/Breath Stretch finishing with Plant infusion.
- Live Medicine Music played by musicians and singers.

Preparation & post retreat follow-up:

- 1-1 Call for Assessment : before the retreat we assess the individual's current state and intentions.
- Individual psychotherapeutic evaluation.
- Group preparation Session: 2-3 weeks before the retreat, you're invited to a preparation workshop.
- Group integration a month after the retreat.

Language:

- We are fluent in English, French and Spanish and most interactions will be in your preferred language.
- During the integrations, we will use the language understood by the majority and we will translate when needed.
- The retreat is conducted in English, and a basic level is sufficient.

Day 1:

- 16:00 Arrivals and Registration
- 18:00 Opening the circle and setting intentions
- 19:00 Sacred Tobacco Ceremony with intake of Sananga.
- 20:00 Temazcal Ceremony *depending on the weather Or Cacao ceremony with Sound healing
- 21:00 Dinner
- 23:00 Live Music Medicine Concert

Day 2:

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Workshop: The universal laws of love - Constellation 1
- 13:00 Lunch.
- 16:00 Workshop: The universal laws of love - Constellation 2
- 18:00 Break until the next workshop
- 20:00 Preparation for Ceremony: Self-discovery
- 21:00 Golden teacher Ceremony

Day 3:

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Psychotherapeutic Integration 1
- 12:00 Workshop: Inner child with family constellation
- 13:00 Lunch and free time.
- 16:00 Workshop: Emotional management
- 18:00 Break
- 20:00 Preparation for Ceremony: Self-discovery
- 21:00 Holotropic Breathwork

Day 4:

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Workshop 5: Sacred plants & Microdosing
- 11:00 Psychotherapeutic Integration 2
- 13:00 Closing
- 13:30 Lunch

Wild Spirit: Reveal your essence

Initiatory retreat and a gentle encounter with the expanded states

Retreat package includes:

- 4 days, 3-night stay in a beautiful venue in the middle of the nature.
- We provide you with towels, toiletries and yoga mats.
- Farm to table organic and locally sourced, drinks and fruits available at anytime of the day.
- Savor chef-prepared meals, expertly crafted for a delicious and beautifully presented dining experience.
- Airport transfers included during limited hours.

+12 experiences and Ceremonies:

- 3 Morning yoga/Breath Stretch finishing with Plant infusion.
- 1 Golden teacher Ceremony.
- 1 day Breathwork workshops including holotropic, Rebirth, cardiac coherence and other techniques.
- 1 day Shamanic drumming workshops with core shamanism from the Foundation for Shamanic Studies
- 2 Integration sessions with group dynamics
- 3 Wisdom Workshops: Sacred plants and Microdosing, Self-discovery and self-coaching, Emotional regulation.
- 1 Sacred tobacco – Rapé Ceremony, also Sananga, Mapacho, and Mambé are available.
- On the arrival a Temazcal Ceremony (Depend on the weather) or a Cacao ceremony with Sound Healing.
- Live Music played by musicians and singers.

Preparation & post retreat follow-up:

- 1-1 Call for Assessment : before the retreat we assess the individual's current state and intentions.
- Individual psychotherapeutic evaluation.
- Group preparation Session: 2-3 weeks before the retreat, you're invited to a preparation workshop.
- Group integration a month after the retreat.

Day 1:

- 16:00 Arrivals and Registration
- 18:00 Opening the circle and setting intentions
- 19:00 Sacred Tobacco Ceremony with intake of Sananga.
- 20:00 Temazcal Ceremony *depending on the weather Or Cacao ceremony with Sound healing
- 21:00 Dinner
- 23:00 Live Music Medicine Concert

Day 2:

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Workshop: Emotional management
- 11:00 Breathwork Journey - Part 1
- 13:00 Lunch.
- 16:00 Breathwork Journey - Part 2
- 18:00 Break until the next workshop
- 20:00 Preparation for Ceremony: Self-discovery
- 21:00 Golden teacher Ceremony

Day 3:

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Integration session 1
- 12:00 Shamanic drumming journey - Introduction
- 13:00 Lunch.
- 16:00 Shamanic drumming journey - cosmology & divination
- 18:00 Break until the next workshop
- 20:00 Shamanic drumming journey - Extraction...

Day 4:

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Workshop : Sacred Plant & Microdosing
- 12:00 Integration session 2
- 13:00 Closing
- 13:30 Lunch

Language:

- We are fluent in English, French and Spanish and most interactions will be in your preferred language.
- During the integrations, we will use the language understood by the majority and we will translate when needed.
- The retreat is conducted in English, and a basic level is sufficient.

Sacred Family Retreat

Sacred Family: Love, Family and Relationships

Retreat package includes:

- 4 days, 3-night stay in a beautiful venue in the middle of the nature.
- We provide you with towels, toiletries and yoga mats.
- Farm to table organic and locally sourced, drinks and fruits available at anytime of the day.
- Savor chef-prepared meals, expertly crafted for a delicious and beautifully presented dining experience.
- Airport transfers included during limited hours.

+12 experiences and Ceremonies:

- 1 Golden teacher Ceremony.
- 1 Holotropic Breathwork journey.
- 2 in-depth wisdom workshops on the universal laws of love with the use of Family constellation.
- 2 Psychotherapeutic Integration with the use of family constellation dynamics.
- 4 Workshops: Plant Medicine & Microdosing, Self-discovery, Inner child, emotional management.
- 1 Sacred tobacco – Rapeh Ceremony, and optionally Sananga, Mapacho, and Mambe are available.
- On the arrival a Temazcal Ceremony (Depend on the weather) or a Cacao ceremony with Sound Healing.
- 3 Morning yoga/Breath Stretch finishing with Plant infusion.
- Live Medicine Music played by musicians and singers.

Preparation & post retreat follow-up:

- 1-1 Call for Assessment : before the retreat we assess the individual's current state and intentions.
- Individual psychotherapeutic evaluation.
- Group preparation Session: 2-3 weeks before the retreat, you're invited to a preparation workshop.
- Group integration a month after the retreat.

Day 1:

- 16:00 Arrivals and Registration
- 18:00 Opening the circle and setting intentions
- 19:00 Sacred Tobacco Ceremony with intake of Sananga.
- 20:00 Temazcal Ceremony *depending on the weather Or Cacao ceremony with Sound healing
- 21:00 Dinner
- 23:00 Live Music Medicine Concert

Day 2:

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Workshop: The universal laws of love - Constellation 1
- 13:00 Lunch.
- 16:00 Workshop: The universal laws of love - Constellation 2
- 18:00 Break until the next workshop
- 20:00 Preparation for Ceremony: Self-discovery
- 21:00 Golden teacher Ceremony

Day 3:

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Psychotherapeutic Integration 1
- 12:00 Workshop: Inner child with family constellation
- 13:00 Lunch and free time.
- 16:00 Workshop: Emotional management
- 18:00 Break
- 20:00 Preparation for Ceremony: Self-discovery
- 21:00 Holotropic Breathwork

Day 4:

- 08:00 Morning Yoga finishing with an infusion of plants.
- 09:00 Breakfast
- 10:00 Workshop 5: Sacred plants & Microdosing
- 11:00 Psychotherapeutic Integration 2
- 13:00 Closing
- 13:30 Lunch

Language:

- We are fluent in English, French and Spanish and most interactions will be in your preferred language.
- During the integrations, we will use the language understood by the majority and we will translate when needed.
- The retreat is conducted in English, and a basic level is sufficient.

Inner evolution: you are the medicine

An awe-inspiring journey beyond imagination filled with pure love

Retreat package includes:

- 4 days, 3-night stay in a beautiful venue in the middle of the nature.
- We provide you with towels, toiletries and yoga mates.
- Farm to table organic and locally sourced, drinks and fruits available at anytime of the day.
- Savor chef-prepared meals, expertly crafted for a delicious and beautifully presented dining experience.
- Airport transfers included during limited hours.

Experiences and Ceremonies:

- 3 Ceremony preparation workshops
- 3 Integration sessions with group dynamics
- 3 Ayahuasca ceremonies following the Cofan tradition.
- Individual energy cleaning at the closing of the retreat.
- Microdosing Workshop with optional use of Magic Mushroom.
- Optional with additional cost: Kambo, Bufo Alvarius.
- Sacred tobacco – Rapeh, Sananga, Mapacho, and Mambe are available for intake everyday.
- Live Music played by musicians and singers.
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Preparation & post retreat follow-up:

- 1-1 Call for Assessment : before the retreat we assess the individual's current state and intentions.
- Individual psychotherapeutic evaluation.
- Group preparation Session: 2-3 weeks before the retreat, you're invited to a preparation workshop.
- Group integration a month after the retreat.

Day 1:

11:00 Arrivals and Registration
18:00 Quick Interview before the ceremony
19:00 Ceremony preparation with Intake of Rapeh, Sananga.
20:00 Sacred Plants workshop Part 1
21:00 Ayahuasca Ceremony

Day 2:

08:00 Kambo medicine: optional with an extra cost.
09:00 Breakfast
11:00 Integration Session 1
13:00 Toad medicine: optional with an extra cost.
14:00 Lunch
19:00 Ceremony preparation with Intake of Rapeh, Sananga.
20:00 Sacred Plants workshop Part 2
21:00 Ayahuasca Ceremony

Day 3:

08:00 Kambo medicine: optional with an extra cost.
09:00 Breakfast
11:00 Integration Session 2
13:00 Toad medicine: optional and has an extra cost.
14:00 Lunch
19:00 Ceremony preparation
20:00 Workshop on Microdosing
21:00 Ayahuasca Ceremony

Day 4:

08:00 Kambo medicine, this is optional and has an extra cost.
09:00 Breakfast
11:00 Integration Session 3 & Closing
13:00 Lunch and end of the retreat

Language:

- We are fluent in English, French and Spanish and most interactions will be in your preferred language.
- During the integrations, we will use the language understood by the majority and we will translate when needed.
- The retreat is conducted in English, and a basic level is sufficient.

<https://www.holistika.center/>