

Sample RETREAT SCHEDULE

DAY ONE

12PM Pick-up at Montego Bay
airport/nearby hotel & road trip to villa
4:00 PM Arrive & Welcome drink
(Lemongrass iced tea)
4:30-6:00 PM - Tour grounds & Settle in
6:15 PM - Family-style dinner & Cocoa
7:30 PM - Workshop or Guided Body Scan
& Meditation

DAY TWO

8:00 AM - Movement class & Swim
9:00 AM - Breakfast & Microdose
10:00-11:30 - Your own sweet time/Body
treatments
12:00-1:30 PM - Buffet lunch
2:00 PM - Workshops/Your own sweet
time/Body treatments
5:30 Sunset swim
6:30 PM - Dinner & Workshop

DAY THREE

8:00 AM - Movement class & Swim
9:00 AM - Light Breakfast
10:00 AM - Your own sweet time/Body
treatments
11:00-12:00 PM - Light lunch
12:30 - Psilocybin Journey Day
Followed by Sunset Dinner & Integration

DAY FOUR

9:00 AM - Movement class & Swim
10:00 AM - Breakfast & Microdose
10:00-11:30 - Your own sweet time/Body
treatments
12:00-1:30 PM - Buffet lunch
2:00 PM - Workshop
3:00 - More sweet time/Body treatments
5:30 Sunset swim
6:30 PM - Sunset dinner & Closing Fire

DAY FIVE

8:00-9:00 AM - Pack up & last swim
9:30 AM - Family-style breakfast
10:30 AM - Drive to Montego Bay airport

Notes

Your retreat schedule is designed as a 'choose-your-own-adventure' experience, allowing you to engage with as many or as few workshops as you like. Please note that activities may shift due to weather or other factors, and our staff is always available for 1:1 sessions to support your experience.