

# Sample RETREAT SCHEDULE

## PRE-RETREAT

Your psychedelic concierge creates the ideal retreat for you, at our Toronto location OR your home/chosen spot.

Together, we will curate your best experience, from medicine(s), location, and schedule to your personalized wellness program.

## DAY ONE: ARRIVE

Morning - 1:1 Healing movement session with Alex followed by a high vitality breakfast

Afternoon - Body treatments & vibrational sound healing bath & 1:1 with facilitator

Evening - Guided meditations & restorative healing practises

## DAY TWO: JOURNEY

Morning - 1:1 Preparation session with Irie, movement with Alex

Afternoon - Journey inwards with a psychedelic deep dive session

Evening - Return to yourself anew with sound healing & integration practices

## DAY THREE: INTEGRATE

Morning - 1:1 Integration Movement session with Alex

Afternoon - Balancing Reiki treatment & deep integration work

Evening - Bask in the afterglow with a gourmet meal before your RISE team departs

## POST-RETREAT

Relax, bask and lean into your insights.

Meet with your RISE team for integration work and receive your unique aftercare package including customized movement program, nutrition guidance, luxury gifts and psilocybin microdoses to enhance your ongoing journey.