



Sacred Retreat



Private 1 to 1 Psilocybin Assisted Therapy

Sacred Retreat offers an immersive experience designed to facilitate profound personal exploration and growth together with the sacred medicine of psilocybin.

Upon arriving at your chosen accommodation in Lagos, Portugal, it's crucial to select a cozy and private space conducive to introspection and relaxation. If needed, I'm delighted to offer recommendations for suitable Airbnb options tailored to your preferences.

After our Ceremony opening, come the consumption of Psilocybin, a natural psychedelic compound derived from certain mushrooms renowned for its therapeutic potential. The onset of effects typically occurs within 30 to 60 minutes, though in rare instances, it may take up to 2 hours to manifest fully.

Throughout the session, I'll be by your side, providing a safe and nurturing environment while guiding you through the unfolding experience. Drawing from my background in psychology, I'll employ a range of therapeutic techniques to support you in navigating the emotional terrain that may arise during the journey.

This tailored approach ensures that the session remains attuned to your unique needs and intentions, fostering a sense of trust and empowerment throughout the process.

In essence, the Private Retreat represents an opportunity for profound self-discovery and healing under the expert guidance. Together, we'll embark on a journey of transformation, harnessing the therapeutic potential of Psilocybin to unlock new insights and facilitate lasting positive change.

The whole experience will last between 5 to 8 hours.



What happens in Sacred Retreat?

As a passionate Psychologist and Psilocybin therapist, I bring together the wisdom of trauma-informed therapy, Somatics, and Shamanism to offer you a truly holistic approach to healing and self-discovery.

Imagine embarking on a journey of profound transformation within the safe embrace of a Private Retreat. As the effects of Psilocybin gently unfold, you'll experience subtle shifts in perception, heightened emotions, and a profound connection to your inner self.

Throughout this sacred voyage, I'll be your trusted guide, providing unwavering support and compassionate guidance. Together, we'll navigate the depths of your psyche, exploring the rich tapestry of insights and revelations that emerge along the way.

As the initial effects subside, we'll come together to reflect on your journey, weaving the threads of wisdom gleaned from the experience into the fabric of your being. I'll create a nurturing space for you to integrate these newfound insights, offering gentle encouragement and support as you navigate the landscape of inner transformation.

Remember, this journey is uniquely yours, and I am honored to walk beside you every step of the way. Together, we'll co-create a sanctuary for personal growth and exploration, where healing flourishes and the true essence of your being shines forth.



Integration Session

(An essential addition to your ceremonial experience)

After experiencing the profound ceremony with me, the Integration Session provide a sacred space for you to share the insights and revelations that unfolded during your journey. Here, you'll find solace and support as we delve into the depths of your experience, utilizing various therapeutic modalities to facilitate integration and alignment within.

Whether it's unraveling emotional knots, exploring newfound perspectives, or crafting an actionable plan based on your insights, our Integration Sessions are tailored to meet you exactly where you are on your journey. Together, we'll pave the way for profound transformation, guiding you towards a deeper connection with your authentic truth.

As your guide, my mission is to lead you back to yourself—to anchor your mind, body, and spirit in harmony and reconnect you with the essence of your being.

For those seeking a deeper immersion, consider pairing your Sacred Ceremony Sessions with Integration Sessions.

This comprehensive approach offers an unparalleled opportunity for profound healing and growth, allowing you to fully integrate the insights gained and journey towards wholeness.



For bookings and availability

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Prices upon request



Mush Love!