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## **Your Journey: What to Expect of the Day & Beyond**

To help you feel fully prepared, grounded, and at ease, here is a detailed breakdown of how our day together will unfold, as well as the comprehensive integration support you will receive afterward.

Please Note: While we provide a structured schedule below, all timings throughout the day are fluid. We prefer to flow naturally with the unique energy of the group, ensuring we maintain a safe, spacious, and welcoming environment where no one ever feels rushed.

### **The Ceremony Schedule**

#### **8:30 AM – Arrival & Welcoming**

We begin the morning by welcoming you into the space. Take this time to slip off your shoes, find your mat, settle into your layers, and gently transition from the outside world into our sanctuary.

#### **Group Introductions & Intention Setting**

Once everyone has settled, we will gather as a circle. This is an intimate opportunity to introduce ourselves, share our intentions for the day, and collectively build a trusted container of mutual respect and safety.

#### **Grounding: Ceremonial Hapé & Guided Breathwork**

Optional Ceremonial Hapé (No Cost): Before we dive into meditation, you will have the option to receive Hapé (pronounced \*hah-pay\*).

What is Hapé? Hapé is a sacred, legal Amazonian plant medicine snuff made from finely powdered medicinal herbs, ashes, and tobacco. It is gently administered into the nostrils using a ceremonial pipe. In a ceremony, it is used to immediately quiet the "monkey mind," clear physical and energetic blocks, bring your focus entirely into the present moment, and deeply ground your energy.

Guided Breathwork & Meditation: We will then transition into a guided meditation and breathwork session. This prepares your nervous system, calms the mind, and lowers anxiety.

A Second Opportunity for Hapé: If you skipped the first round or feel you need an extra layer of grounding and alignment right after the breathwork, a second application will be offered (completely optional and free of charge).

#### **Intake of the Ceremonial Medicine**

With a calm mind and a prepared body, we will formally begin the main journey by taking the ceremonial medicine.

Duration: The experience typically lasts between **\*\*4 to 6 hours\*\***, depending entirely on your individual metabolism.

Our Presence: Our facilitators will be by your side every step of the way, holding a safe, quiet space for you to process, heal, and journey inward.

### **Post-Ceremony Circle & 1-on-1 Support**

Group Discussion: As the medicine gently wears off, we gather back as a circle to share a grounding space. You are welcome to share your insights, or simply sit and process in the warmth of the group.

1-on-1 Integration:**\*\*** If your journey was particularly intense or you feel the need to process something privately before leaving, we offer immediate 1-on-1 integration support on-site with a facilitator.

### **Ongoing Post-Ceremony Support (The Integration)**

The ceremony doesn't end when you leave the room; the days following are where the true insights begin to take root. We provide a robust structure to ensure you are never left walking this path alone:

2 Days Post-Ceremony: We will follow up with a mandatory 1-on-1 integration call to check in on how you are landing back in your routine, help you make sense of your experience, and offer personalised grounding tools.

7 Days Post-Ceremony: We offer an additional **\*\*optional, free-of-charge integration call\*\*** for an extra layer of support, answering any new questions that may have surfaced over the week.

Lifetime Community Access: You will be included in our private **\*\*WhatsApp integration group\*\*** alongside previous clients. This gives you direct access to a safe network of like-minded people who understand the nature of this work, allowing you to share experiences, ask questions, and continue your healing within a supportive community.