

NEXT RETREAT

**28-29 MARCH**

# WITHIN & BEYOND

1.5 DAY PSILOCYBIN RETREATS  
IN **AMSTERDAM**

FOR EXPANSION AND GROWTH

# THE INVITATION

Would you like to explore the transformative potential of psilocybin?

Whether you're seeking insight, personal growth, deeper awareness, or a breakthrough of self-limiting beliefs, our 1.5 day program offers a safe, inspiring, and supportive space for your inner journey.

Our small group sessions involve:

**IMMERSIVE PSILOCYBIN  
JOURNEY**

**GUIDANCE FROM MIND TO  
HEART**

**PERSONAL AND INTIMATE  
ATMOSPHERE**

**INTEGRATION SESSIONS AND  
PRACTICAL ASSIGNMENTS**

**1-1 INTAKE & PREPARATION  
SESSIONS WITH AN EXPERT  
FACILITATOR**

**CONNECTEDNESS: SUPPORT  
AND COLLECTIVE WISDOM**

**INSPIRE & LEARN: GROUP  
PERSPECTIVES AND  
INTERPERSONAL GROWTH**

**WOMEN LED, COMPASSIONATE  
AND EXPERIENCED  
PROFESSIONALS**

# THE EXPERIENCE

Access the potential of psilocybin for expansion and growth.

Tap into the source that inspires and recharges.

Open to group support, connection and therapeutic guidance.

We hold psilocybin journeys in a **ceremonial setting**. You will experience a non-ordinary state of consciousness and dive into your inner landscape for self-discovery, healing and personal growth.

You will receive support to set up and **fine-tune your intention** for the journey, **prepare**, and **integrate** the experience with the group.

Our sessions are facilitated by professionals in mental health care, psychedelics, spirituality and therapy. Our team brings a **depth and breadth of knowledge** alongside decades of experience.

Small groups allow for a **personal, warm and intimate** atmosphere, in a safe, beautiful and peaceful location for your inner journey.

Our **integrative approach** is grounded on the wisdom of ancient traditions, modern psychology, body movement, breathwork, and practical assignments to support all stages of the journey.

# THE PROGRAM

## PREPARATION

- One comprehensive individual intake & preparation call
- Group preparation call one week before retreat
- Preparatory inspiration and assignments

## DAY 1 - RETREAT

9AM - 5PM

- Gathering, unwinding and opening ceremony
- Psilocybin tea preparation, reflection and drinking
- Journeying: Lay down, music, individual process
- Returning, group sharing, vegan snacks
- Closing ceremony and departure

## DAY 2 - INTEGRATION

2PM - 5PM

- Embodied integration session: somatic movement & breath
- Sharing: collective wisdom and insights

## FURTHER INTEGRATION

- One group integration call the following week
- Further individual integration support available at discounted rate (€65 p/h)

# THE TEAM



**FABIANA**  
**Fabiana da Silva Alves, PhD**, has a background in psychology, clinical neuroscience and psychiatry. Fabiana worked for and is trained by MAPS (Multidisciplinary Association for Psychedelic Studies) - the pioneer organization in this field. She currently supports mental health professionals and individuals through unique psilocybin - assisted programs, integration therapy and coaching. She has extensive experience working with non ordinary states of consciousness. Her approach is integrative, compassionate and psycho-spiritual.



**HANNAH**  
**Hannah de Waal, MSc**, is a psychologist, somatic therapist, breathworker, and group facilitator. Hannah is devoted to living with courage and curiosity. With a background in health & medical psychology and psychedelic research, she studied mystical traditions and the shamanic arts, and now integrates these approaches in her work. Hannah has worked across top class psilocybin-assisted retreat centres delivering workshops alongside 1-1 coaching and therapy. She finds great value in the cycles of disintegration and integration.



**IRMA**  
**Irma Komdeur, MD, Psychiatrist**, has over 20 years of experience in psychiatry working in the Netherlands. She attended the arts academy, studied philosophy, and found her heart in medicine and consciousness studies. Irma recognizes that current mental health care is limited and inadequate, with overfocus on diagnosis and fixing the complaints at a fast pace, instead of addressing the root cause. Irma is driven by a life of meaning. She supports people in re-discovering meaning and purpose in their lives.

# LOCATION

The Meditation Garden is an urban retreat center in Amsterdam. It is a hidden location in the green heart of the city with various indoor spaces and two enclosed gardens.

Around the center there is plenty of space to wander, relax in the lush green landscape, and connect to nature, all while being closely connected to the hub of the Netherlands.

As soon as you enter, you immediately feel it: This is a unique oasis of tranquility that supports us to reconnect with ourselves, nature and each other.

The ethos of The Meditation Garden is to come together and truly see each other, creating a more connected world.



# INVESTMENT

~~€ 980~~ € 595

**This once-only opportunity (March 28-29) includes:**

- Professional guidance and orientation (10 hours)
- Small and intimate group (max 8 participants), 3 facilitators
- Preparation sessions (Individual and Group)
- Immersive day session in peaceful and beautiful location
- In person group Integration session
- Self-reflection materials and videos/films (8+ hours)
- Healthy and vegan refreshments

# APPLY

**Feel called to join?**

Reserve your spot and complete the intake form.

Email [contact@withinandbeyond.nl](mailto:contact@withinandbeyond.nl) or follow the QR code  
([www.withinandbeyond.amsterdam/psilocybin-small-group-sessions](http://www.withinandbeyond.amsterdam/psilocybin-small-group-sessions))

