



The
**Shift Group
Retreat**

Inner Shift
INSTITUTE

THANK YOU SO MUCH FOR
YOUR INTEREST IN OUR WORK.

THIS DOCUMENT WILL COVER
MANY OF YOUR QUESTIONS.

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If you have more questions, please check out
our [FAQ](#) page on our website.





THE SHIFT RETREAT

Join us for a 6-day retreat in Venlo, the Netherlands, where Psilocybin and our Inner Shift Method spark deep self-discovery.

We help individuals navigate challenges like depression, anxiety, OCD, PTSD, ADHD, and more. Whether you're seeking self-expression, clarity, or freedom from emotional burdens, our unique approach supports your journey toward confidence and peace of mind.

Experience a welcoming retreat house, savor organic meals from our private chef, and leave with renewed energy, lasting connections, and a fresh perspective to move forward.



EXPERIENCES FROM PARTICIPANTS

“It has been the most incredible and transformative experience. I came into the Shift Retreat very unsure, had a lot of anxiety, particularly social anxiety. There was a lot of pain I had repressed, that I was not really conscious about. I was really nervous but I knew that I wanted to explore it. This whole place has really been helpful in that. It is such a caring place with such an attention to detail. It has just been amazing really...”

WILLIAM, UK

“Working with the team of Inner Shift Institute has changed my life. Attending the Shift Retreat, doing extra one-on-one integration sessions afterwards, really deeply shifted my life. These women are something else. They truly embody what they teach and this goes so much further than a simple Psychedelic Experience. The integration is key and The Inner Shift Institute really truly knows how to do that. If you are ready for a change in your life, come here!”

ROSIE, USA

“Incredible, incredible, incredible. The best experience of my life. I came with a 10 year long alcohol addiction to the Shift retreat and after two Psilocybin Sessions I have been addiction free for several months now. Something in my brain got rewired or reset, I feel alive again, I feel inspired to be creative and follow my passion to write and I do not even think of the alcohol anymore....I can highly recommend the team of TISI, all the women were so kind, nurturing, wise and knowledgeable. Take my word for it: I don't think I would have had the same experience without the feeling of deep safety that they created for me. Thank you, thank you, thank you!”

DERMOT, UK

Read the full versions of these verified reviews as well as others on our [Retreat Guru](#) page. Watch the testimonials from previous retreat participants on our [YouTube channel](#).

WHO ARE WE?

Since 2018, we have been pioneers in offering psilocybin retreats, establishing us as one of the leading organizations to recognize and harness the profound potential of psilocybin for deep personal transformation.

Today, we continue to lead with vision, competence, compassion and a heartfelt commitment to each individual's journey of healing and growth through psilocybin-assisted therapy.

Our team of psychologists, therapists and facilitators brings over a decade of experience in altered states of consciousness, transpersonal psychology, profound personal transformation, and facilitation of mystical experiences. They possess deep interpersonal skills, are highly empathic and down-to-earth, each one embodying the principles they teach.

The outcomes of embarking on a journey with us can be life-changing. Our clients often report emerging from their experiences "reborn".

They embrace self-confidence and self-compassion, find relief from the symptoms of depression, anxiety, ADHD, overcome addictions, and rediscover the beauty and abundance of life.



YOUR HOST

ALICE

Alice is an experienced psychedelic facilitator, trainer, and educator who has guided over 200 ceremonies. As the founder and lead facilitator, she combines her diverse training with shamans, Western psychologists, and leading researchers in the psychedelic field to create transformative experiences for her clients.

Her certifications include IFS Practitioner, TCP Trauma Integration Therapy, and training under Michael Mithoefer, a specialist in MDMA-assisted therapy. Alice has also studied under Stanislav Grof, a pioneer in psychedelic therapy, and assisted shamans in Costa Rica, blending indigenous wisdom with modern therapeutic approaches.

Alice's journey began with her own profound healing from depression and dysfunctional family patterns, equipping her with a deep understanding of transformation.

Fluent in English and German, Alice specializes in ADHD and neurodivergence, depression, and C-PTSD or childhood trauma. Her compassionate and tailored approach has made her a sought-after guide in the consciousness space.



THE CEREMONY LEADERS

CONSTANZA

Constanza is a highly skilled and versatile professional with a profound dedication to personal transformation and healing. Originally from Chile, she brings a rich cultural perspective to her work as a certified professional psychologist, IFS therapist, and psychedelic facilitator. Constanza combines a deep understanding of psychology with powerful therapeutic modalities, including shadow work, trauma healing, and plant medicine. Her extensive expertise also encompasses roles as a group retreat leader, private ceremony facilitator, and trainer and educator for facilitators, making her a leader in her field.

Constanza is a certified Yoga Teacher, Reiki Master, Somatic Dance Practitioner, and Traditional Tantra Teacher, embodying an integrative and holistic approach to healing. She specializes in guiding individuals through challenges such as depression, anxiety, emotional disconnection, and traumatic experiences, helping them reconnect with their true essence and realign their paths to fulfill their soul's deeper yearnings.



JEANNE

Jeanne is a passionate and intuitive healer who blends therapeutic, shamanic, coaching, meditative, and spiritual modalities to help clients shift their mental state and reconnect with their true selves. A French-German practitioner based in Munich, she is a certified psychotherapist practitioner (ZfN, Munich), Clarity Breathwork Practitioner, and Art Therapist, with additional certifications in Somatic Emotional Therapy and trauma integration therapy.

Jeanne's approach is both integrative and deeply personalized, making her work uniquely impactful.

As a group retreat leader, private ceremony facilitator, and facilitator trainer and educator, Jeanne creates safe and transformative spaces for her clients. Fluent in English, German, and French, she specializes in guiding individuals through challenges such as heartbreak, burnout, depression, and transgenerational trauma or ancestral trauma.





WHAT'S INCLUDED?

- An self paced 6h online preparation and 8h integration course with hours of premium content to help you deepen your experience.
- 2 x Psilocybin ceremonies
- 2x microdosing experiences
- 5 days of emotional support, deep trauma work, shadow work & play
- 6 nights of luxury accommodation
- 6 days of vegan/vegetarian food & drinks (gluten free options available)
- 2 x integration day workshops
- A 40 minute one on one follow up call after the retreat
- A life transforming experience
- & so much more

WHAT'S NOT INCLUDED?

- Flight
- Transportation costs.



RETREAT SCHEDULE

DAY 1: ARRIVAL DAY

Guests arrive at 3pm. The schedule begins at 4.30pm with the team of facilitators introducing ourselves to the group. Then we will have dinner. After dinner will be a group Q&A where you can ask any questions you may have and also benefit from listening to the questions of others.

DAY 2: PREPARATION & MICRODOSING DAY

After connection exercises in the morning that create an atmosphere of intimacy and togetherness, we will begin our retreat with helping you choose and refine a clear intention. We will also provide you with different tools to prepare you for the psilocybin journeys ahead, how to navigate them and how to get the most out of them. We will bring emotions into flow and release resistance to our fears.

There will be teachings on Microdosing along with an option to Microdose in the morning for those who wish to try it, which also provides a nice introduction to the medicine.

DAY 3: PSILOCYBIN CEREMONY 1

Our first Psilocybin Ceremony will take place in the morning and be unique to each of us. The journey can be about learning about the infinity of the universe, about expanding our consciousness and learning to look at things from a different perspective. It can also be about diving into our pain and looking into the eyes of our fears and unknown patterns and can be about experiencing our joys, our heart, love, loss, beauty, laughter.



DAY 4: INTEGRATION DAY

We will invite you to participate in some bodywork in the morning as well as a sharing circle where you can share your experience with the group and the facilitators. It is also possible to have this sharing 1-on-1 if this feels more comfortable to you.

In the afternoon each person will have a 50 minute one on one integration session with a facilitator who will assist you in processing your experience further. There will be some free time in the afternoon, to rest, have a message, walk or reflect.

DAY 5: PSILOCYBIN CEREMONY 2

Our second journey takes place on this day, again in the morning lasting for anywhere from 4 to 6 or 7 hours.

DAY 6: INTEGRATION DAY

On Day 6 we will focus on combining the mystical with the practical by breaking down the wisdom you received in an understandable and relatable way. Together we will create individual action plans for each person on how to create the now wanted changes in our daily lives so that our lives feel congruent with our truth. This day is about providing you with support and concrete steps that you go home with so that you can feel secure and confident in the changes you wish to create and how to actually bring them to life.

DAY 7: DEPARTURE DAY

Breakfast and closing circle. The Retreat ends at 10am after breakfast and closing circle.

FOLLOW UP

2 Weeks after the retreat you will be provided with a 45 minute online call where we connect to see how you are doing since the experience and offer support and guidance where it may be needed.

OUR RETREAT HOUSE

The Shift Retreat will take place in The Netherlands where Psilocybin truffles are legal. Only a 2 hour train ride away from Amsterdam or a 1 hour ride from Duesseldorf, we find our retreat venue. We have chosen a place of tranquility surrounded by peaceful nature – a location that will guide us to a place of tranquility within ourselves.

COMFORT, SERENITY, PRIVACY, PEACE

We have carefully chosen a beautiful home, with luxurious surroundings and amenities to further enhance and compliment the healing possibilities this week can offer.

We will enjoy luxurious bedrooms with ensuite bathrooms, the delicious and very healthy food and our own private hot tub to detox and release in.

The Shift Retreat combines, comfort and nature along with the Entheogenic Experience to bring you a week of renewal and rejuvenation.





OUR ALL-INCLUSIVE COSTS ARE

€4800 for a spot in a shared double room with ensuite bathroom

€6400 for a private room with ensuite bathroom

WHAT TO EXPECT?

Psychedelic Insight

Our retreat leverages the power of Psilocybin, found in magic mushrooms and truffles, known for its potential to overcome depression and anxiety. Combined with the Inner Shift Method, it opens doors to profound exploration, offering surprising insights and a mental reboot. Our approach is specifically designed to improve your mental health.

Clarity Through Depth

The Inner Shift Method enables deep access to your subconscious, unveiling answers and insights crucial for understanding, self-trust and intuitive knowing.

Transformational Change

This retreat is a pivotal moment, not just a pause from the routine. It's about realizing the reasons behind feeling stuck and learning the strategies for meaningful progression. Embracing this shift means leaving behind old patterns and moving confidently towards a brighter future.

Lifelong Friendships

Find likeminded people, who just like you, long for something more real. We create a space for you to express, release, and celebrate yourself and each other— we laugh and we cry together and let out masks down.



WHAT IS THE INNER SHIFT METHOD?

Using specialized tools like inner child work and parts work, our method creates a nurturing space to gently address these layers, allowing participants to release what holds them back. Throughout the journey, we trust your own inner healer to lead the way, stepping in only when needed to support breakthroughs.

Through compassionate inquiry and therapeutic techniques, we help participants reframe limiting beliefs, anchor self-acceptance, and uncover deep insights.

This personalized, supportive process makes the Inner Shift Method a powerful guide through profound emotional and personal transformation.

To learn more about the Method, listen to [our podcast](#) explaining the Method.

Or [read more](#) about it.



YOU WILL HUGELY BENEFIT FROM THIS RETREAT IF YOU ARE READY TO....

- Let go of the belief that you're not enough and begin to feel, deep in your core, that you are worthy just as you are.
- Rediscover a sense of meaning in life and your unique place in the world, creating deep connections within yourself and with others.
- Begin breaking free from recurring patterns—self-doubt, fear, or feeling stuck—and open up to new possibilities.
- Explore tools and insights to support greater emotional balance and mental clarity, helping you navigate life with more ease.

At the Inner Shift Institute, this retreat is designed to help you explore the patterns, emotions, and beliefs that are holding you back, creating space for meaningful shifts that can ripple through your daily life.

This is your opportunity to reconnect with yourself and realign with what truly matters.



A woman with dark hair and tattoos is lying on her back on a bed. She is wearing a white, long-sleeved, knee-length dress with a fringed hem and a black geometric pattern. Her hands are resting on her chest. The bed has white pillows and a textured, light brown blanket. The background shows a patterned wall and a bedside table with a yellow object and a black bowl.

YOU
LIKE
NEVER
BEFORE

Inner Shift
INSTITUTE