



OUR
**Private
Retreat
Guide**

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.



WHO ARE WE?

Founded in 2018, **The Inner Shift Institute** has been at the forefront of legal psilocybin retreats, among the first to harness its potential for profound healing and personal transformation.

We approach this work with **vision, compassion, and deep integrity**, creating a space where each journey is met with unwavering care. Our expert team, with over a decade of experience in **psychology, altered states, and trauma-informed facilitation**, provides the safety and guidance necessary for true breakthroughs.

A retreat with us is more than an experience—it's a turning point. Many emerge with **renewed self-confidence, relief from depression and anxiety, release from addictive patterns, and a profound reconnection to life.**



WHAT IS THE INNER SHIFT METHOD?

The Inner Shift Method is a carefully developed approach, refined since 2018 through guiding people in deep psilocybin-assisted journeys. Over the years, we have tested and integrated the most effective tools to create lasting, transformative shifts, ensuring each journey is both safe and profoundly impactful.

Blending **inner child work, parts work, and somatic therapy with the psilocybin journey**, this method gently unearths and releases emotional barriers in a nurturing, shame-free space. We trust each person's inner healer to lead the way, stepping in with skilled guidance only when needed to support breakthroughs.

Through tested therapeutic techniques, participants **reframe limiting beliefs, anchor self-acceptance, and access deep insights, emerging with renewed clarity, confidence, and emotional freedom.**

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

Or [read more](#) about it.





HOW DO WE WORK?

We conduct our sessions at your **temporary accommodation** in your chosen location. You can book a private ceremony in the Netherlands (Amsterdam or Maastricht), Portugal (Lagos), Austria (Innsbruck or Salzburg) and Mexico (Tulum). A comfortable, private Airbnb is ideal, and we have a list of recommendations.

Rather than using a ceremony room, we find clients benefit from staying in their own space afterward, without needing to relocate as Psilocybin effects wear off.

On arrival, we'll discuss any final concerns, then guide you through a meditation to center you in your body before intake. Effects begin within 30 to 60 minutes, occasionally up to 2 hours, lasting 4 to 6 hours. We'll stay by your side, using The Inner Shift Method to support your journey fully.



WHAT IS INCLUDED IN EVERY SESSION?

Online Preparation Course

A **6-hour self-paced course** designed to build emotional readiness, deepen self-awareness, and help you set clear intentions and address any potential obstacles, ensuring a **strong foundation** for your psilocybin journey.

Online Preparation Session

A **1-hour call** before your retreat to connect with your practitioner, allowing both of you to get to know each other while addressing questions, discussing food choices, precautions, legalities, and side effects, and setting a personalized intention and ideal dose for your experience.

Integration Course

An **8-hour self-paced course** providing structured support, grounding practices, and reflection exercises to turn insights from your journey into **lasting change**.

Integration Session

A **post-ceremony session** (included in all but the first package) to process insights, uncover patterns, and create actionable steps for **deep integration into daily life**.



HOW MANY CEREMONIES SHOULD I BOOK?

For newcomers, one session offers a gentle introduction to psilocybin, allowing you to ease into its effects and begin opening up emotionally and spiritually.

Two sessions are highly recommended for those seeking a deeper, transformative experience. The first session lays the foundation, gradually opening deeper layers of awareness, while the second session allows you to explore the subconscious with greater openness, leading to powerful insights and emotional release.

For those wanting the fullest immersion, three sessions create a complete arc of transformation: ideal for breaking old patterns and accelerating personal growth.



SHARING THE CEREMONY WITH A PARTNER/FRIEND

We offer flexible shared ceremony options: you can be in the same room with one practitioner or in separate rooms with individual facilitators, balancing shared and personal experiences.

If you and your partner or friend feel ready for a deeply bonding and vulnerable journey, sharing a practitioner can be powerful, while separate facilitators offer more privacy if preferred.

The cost for two or three facilitators in a shared setting matches that of separate private sessions, available in Amsterdam and Maastricht based on practitioner availability.

PACKAGES & PRICES



THE OPENING: *1 CEREMONY

Length: 1 Full Day

What is included?

- *Online Preparation Session
- *Self-Paced 6h Preparation + 8h Integration Course
- *5-7 hours with your Psilocybin Facilitator

Who is this for?

The Opening Package is designed for those who have already been on a path of healing—working with a therapist to shift old patterns and release past trauma. If you're looking to deepen the work you've already been doing through a Psilocybin experience, this may be a good fit for you.

Please note that this package does not include an integration session. It is intended for individuals who are actively working with a therapist who is aware of and supportive of their journey and will guide them through the integration process afterward.

Prices:

Amsterdam & Tulum: 2.200 Euros
Other Locations: 1.900 Euros

2 People with 1 Shared Practitioner

Amsterdam & Tulum: 2.950 Euros
Other Locations: 2.600 Euros

3 People with 1 Shared Practitioner

Amsterdam & Tulum: 3.950 Euros
Other Locations: 3.400 Euros



THE MIRROR: *1 CEREMONY & 1 INTEGRATION SESSION

Length: 1 Full Day (in person) + 1-Hour Integration Session (in person or online) on a separate day.

What is included?

- *Online Preparation Session
- *Self-Paced 6h Preparation + 8h Integration Course
- *5-7 hours with your Psilocybin Facilitator
- *1h integration session

Who is this for?

The Mirror Package is for those seeking a psychedelic experience for self-discovery, a spiritual journey, or to deepen ongoing therapeutic work.

It's also a great option if a longer retreat feels overwhelming or if you're on a budget.

Unlike the first package, this one includes an integration session to help process your journey, gain clarity, and be witnessed—key parts of grounding the journey's insights into your daily life.

Prices:

Amsterdam & Tulum: 2.450 Euros
Other Locations: 2.150 Euros

2 People with 1 Shared Practitioner

Amsterdam & Tulum: 3.450 Euros
Other Locations: 3.150 Euros

3 People with 1 Shared Practitioner

Amsterdam & Tulum: 4600 Euros
Other Locations: 4.200 Euros



THE BREAKTHROUGH: *2 CEREMONIES & 1 INTEGRATION SESSION

Length: 2 Full Days (in person) + 1-Hour Integration Session (in person or online) on a separate day.

What is included?

- *Online Preparation Session
- *Self-Paced 6h Preparation + 8h Integration Course
- *2 x 5-7 hours with your Psilocybin Facilitator
- *1 x 1h integration session

Who is this for?

The Breakthrough Package is for those who want to go deep but have limited time and can't stay beyond three days. It's especially helpful if you're navigating depression, anxiety, PTSD, chronic illness, or trauma. It can also be beneficial if you tend to be controlling and find it hard to let go.

While we typically recommend two integration sessions for two ceremonies over four days, some find a shorter timeframe more suitable.

Prices:

Amsterdam & Tulum: 4.050 Euros
Other Locations: 3.750 Euros

2 People with 1 Shared Practitioner

Amsterdam & Tulum: 5.900 Euros
Other Locations: 5.600 Euros

3 People with 1 Shared Practitioner

Amsterdam & Tulum: 7.650 Euros
Other Locations: 7.200 Euros



THE DEEP SHIFT: *2 CEREMONIES & 2 INTEGRATION SESSIONS

Length: This retreat will be held over the course of 3-4 Days and we offer different options.

Option 1 (recommended):

Day 1: Psilocybin Session
Day 2: Integration Session
Day 3: Psilocybin Session
Day 4 (or later online):
Integration Session

Option 2:

Day 1: Psilocybin Session
Day 2: Integration +
Psilocybin Session
Day 3: Integration
Session

What is included?

- *Online Preparation Session
- *Self-Paced 6h Preparation + 8h Integration Course
- *2 x 5-7 hours with your Psilocybin Facilitator
- *2 x 1h integration session

Who is this for?

The Deep Shift Package is for those who want to get the most out of their experience and find insights about deep-rooted issues in their lives such as depression, anxiety, PTSD, chronic illnesses or trauma.

It is also most beneficial if you consider yourself someone with controlling tendencies and you usually have a hard time trusting or letting go.

Prices:

Amsterdam & Tulum: 4.300 Euros
Other Locations: 4.000 Euros

2 People with 1 Shared Practitioner

Amsterdam & Tulum: 6.400 Euros
Other Locations: 6.100 Euros

3 People with 1 Shared Practitioner

Amsterdam & Tulum: 8.350 Euros
Other Locations: 7.950 Euros



THE RESET: *3 CEREMONIES & 3 INTEGRATION SESSIONS

Length: 3 Full Days + 3h integrations session
over the course of 5 or 6 Days

What is included?

- *Online Preparation Session
- *Self-Paced Online 6h Preparation + 8h Integration Course
- *3 x 5-7 hours with your Psilocybin Facilitator
- *3 x 1h integration session

Who is this for?

The Reset package is for those looking for deep insight and awareness around deeply rooted patterns or challenges. If you feel stuck in negative behavioral cycles or have significant inner work to do, this option offers the space for profound exploration.

Attending three sessions in one week is an intense process, so it's important to come prepared for deep, immersive work.

Prices:

Amsterdam & Tulum: 6.000 Euros
Other Locations: 5.700 Euros

2 People with 1 Shared Practitioner

Amsterdam & Tulum: 9.100 Euros
Other Locations: 8.700 Euros

3 People with 1 Shared Practitioner

Amsterdam & Tulum: 11.050 Euros
Other Locations: 10.650 Euros

DEEPEN YOUR JOURNEY WITH ADDITIONAL SUPPORT

Our retreats offer deep, life-changing experiences, but true transformation unfolds before and after the journey itself. Extra preparation and integration sessions provide the support needed to step into your experience with confidence and carry its wisdom forward into your daily life.

Extra Preparation Sessions

More preparation means greater breakthroughs. These sessions help you build emotional resilience, strengthen self-trust, and develop a deeper connection with your practitioner. By addressing fears, setting clear intentions, and refining your mindset, you create the ideal conditions for a powerful and grounded journey.

Extra Integration Sessions

Your retreat is just the beginning—true change happens in the weeks and months after. With ongoing integration support, you'll have a trusted guide to help you process insights, navigate shifts, and turn your realizations into lasting, tangible change.

Why Extra Sessions Matter

Clinical trials use 3 preparation and 3 integration sessions to maximize therapeutic impact. We've seen firsthand that extra support leads to deeper healing and long-term transformation, allowing you to fully absorb and apply what you've learned.

Pricing

- Single additional session (1 hour): €250
- Package of 5 additional sessions: €1,100 (€220 per session)
- Package of 10 additional sessions: €2,000 (€200 per session)
- **Special offer: Book 6 additional sessions with a retreat or directly afterwards for €1000**





GROUP EXPERIENCES: 6 DAY PSILOCYBIN RETREAT IN THE NETHERLANDS

4 to 5 times per year we offer all inclusive group retreats.

Dive into a 6-day journey at The Inner Shift Institute, where Psilocybin and our unique Inner Shift Method catalyze profound self-discovery.

From overcoming feelings of inadequacy to embracing authentic self-expression, breaking through depression, and gaining calm assurance in the face of anxiety, we're here for you.

Our unique approach helps you harness your unique strengths, find clarity and purpose, create meaningful connections, release old emotional burdens, and cultivate an unshakeable self-belief.

To find out more about our retreats and learn about the next scheduled dates and availabilities, click on our retreat website: [The Shift Retreat.](#)

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