

PRIVATE RETREAT PACKAGES & INFO



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.*



HOW DO WE WORK?

We offer our services at your own temporary accommodation in Amsterdam, Maastricht, Lagos (Portugal), or Salzburg (Austria). Opting for a comfortable, private space on Airbnb is ideal—we have a list of recommended places.

Previously, we provided a ceremony room, but we've found clients benefit more from being in their own space afterward, avoiding the need to relocate once the Psilocybin effects wear off.

Upon arrival, we'll address any lingering concerns before Psilocybin intake. We guide you through a meditation to bring you out of your mind, into your body. Effects typically start in 30 to 60 minutes, occasionally taking up to 2 hours, and lasting 4 to 6 hours. Throughout the session, we'll remain by your side, providing guidance and using The Inner Shift Method to make the most out of your experience.



WHO ARE WE?

Since 2018, under our former name, A Whole New High, 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, as The Inner Shift Institute, 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, mentors, 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.

INNER SHIFT METHOD

The Inner Shift Method integrates carefully crafted components to facilitate profound transformation:

- 1. Emotional Safety:** We an emotionally secure space to allow old unprocessed emotions to release.
- 2. Compassionate Inquiry:** We ask purposeful questions to guide you towards deep insights and realisations.
- 3. Subconscious Reprogramming:** We guide you to shift limiting beliefs about yourself into self-love and acceptance.
- 4. Empathetic Reflection:** Our facilitators offer genuine empathy, emotional validation, and nurturing guidance.
- 5. Trauma Healing:** We guide you to transform distressing memories into profound healing experiences.
- 6. Inner Child Work:** If past wounds show up in the session, we will gently guide you through inner child processes to release the pain of the memory.
- 7. Meeting Unmet Needs:** When past wounds show up in the session, we help by providing a corrective emotional experiences to create closure.
- 8. Overcoming Resistance:** Our therapeutic tools facilitate movement if you are blocking the experience due to resistance.
- 9. Nervous System Regulation:** Our somatic techniques enhance presence, trust and connection.
- 10. Trusting Your Inner Healer:** We will only intervene when you need help, feel blocked or need guidance. Otherwise we trust your own inner healer to guide you where you need to be guided.
- 11. Integration:** This process involves consolidating the insights, emotional breakthroughs, and transformative realisations into actionable steps and sustainable changes.





WHAT IS INCLUDED IN EVERY SESSION?

ONLINE PREPARATION SESSION

Prior to you coming to The Netherlands, we will have a 40-minute online call together, where we get to know each other a little and answer any questions you may have. We will advise you on what food to eat or not to eat, essential precautions, legalities, possible side effects and how to best minimise and deal with them. We will prepare you emotionally and mentally on what to expect, connect you to your intention, ultimately preparing you to get the most out of your trip.

We will help you to create a powerful but short intention that you can easily remember when journeying into other dimensions which will serve as an anchor during your experience.

Together we will decide what dose you will take depending on the intensity you wish for the experience as well as your sensitivity level.



INTEGRATION SESSION

ALL OUR PACKAGES EXCEPT ONE INCLUDE AN INTEGRATION SESSION.

The package without an integration session is only recommended for those already working with a therapist who prefer to have their integration session with their regular therapist.

Integration sessions take place after a ceremony you have experienced with us. During our Integration Session we will provide a safe space for you to share the insights received on your journey. Depending on what came up for you, we use different therapeutic modalities to help you come to a place of integration within. We can also help you to create an action plan, guiding you on how to take steps based on what you learned within your experience so that you can come into alignment and into the direction of living your authentic truth.

We will assist you in revealing the layers of behavioural patterns, coping mechanisms and conditionings of early life experience. We aim to guide you into your body, to bring your mind into alignment and to reconnect you with your heart.

Most often people choose 2 Psilocybin Therapy sessions (depending on the depth of the issue they are facing and what their schedule allows) with an Integration session after each day.



HOW MANY CEREMONIES SHOULD I BOOK?

When determining the number of ceremonies to book, it's crucial to consider your personal intention and readiness for the experience.

For those new to Psilocybin, a single session can provide valuable insights and a foundational understanding of the substance. It allows individuals to familiarize themselves with the effects and begin to open up emotionally. For some people, the first session will catalyze them straight into the depth of their subconscious mind, but for most people, the first session is more of an acquaintance.

Two sessions are often recommended for those seeking deeper exploration and transformative experiences. The first session lays the groundwork, while the second allows for a more profound journey into the subconscious. This approach is suitable for individuals with significant issues to address and those looking to delve into their psyche more extensively.

For those ready to fully immerse themselves and break free from entrenched patterns, three sessions offer the most profound potential for transformation. This intensive approach requires a strong commitment and readiness for an intense week of introspection and growth. It's ideal for individuals seeking rapid and profound change in their lives.



SHARING THE CEREMONY WITH A PARTNER/FRIEND

We offer shared ceremonies tailored to your comfort level. You can opt for one practitioner in the same space or have separate rooms with individual facilitators, allowing both shared and personal experiences.

If you're all comfortable navigating potentially challenging emotions together, sharing a practitioner in the same room is an option. However, if vulnerability feels daunting or your relationship isn't yet at that level, separate facilitators may be preferable.

Booking two or three practitioners at the same time incurs the same cost as two or three individual private ceremonies, booked separately. This option is available in Amsterdam and Maastricht when practitioners have concurrent availability.

DIFFERENT PACKAGES & PRICES

QUARTZ: *1 CEREMONY

Length:

1 Full Day

What is included?

*Online Preparation Session

*5-7 hours with your Psilocybin Facilitator

Please remember that you need to book your own accommodation.

Who is this for?

This package is for those who have been working on changing old patterns and releasing old trauma for some time with therapy and want to have a Psilocybin experience to deepen the work they have already been doing.

This package does not include an integration session. This is only for those who have been working with a therapist and will do the integration work together with their own therapist who is aware that they are having this experience and is supportive of it.

Prices:

Price in prime location Amsterdam: 2.100 Euros

Price in Other Locations: 1.800 Euros

2 People with 1 Shared Practitioner

Price in prime location Amsterdam: 2.820 Euros

Price in Other Locations: 2.520 Euros

3 People with 1 Shared Practitioner

Price in prime location Amsterdam: 3.800 Euros

Price in Other Locations: 3.300 Euros





JADE

*1 CEREMONY & 1H INTEGRATION SESSION

Length:

1 full Day + 1h session over the course of 2 Days

The integration session can also be held online.

What is included?

*Online Preparation Session

*5-7 hours with your Psilocybin Facilitator

*1h integration session the next day in person or a few days later online when you return home

Please remember that you need to book your own accommodation.

Who is this for?

This package is for those who want to have a Psychedelic experience with the intention of self-discovery, a spiritual experience or to deepen therapeutic work that they have started with a therapist.

It is also for you if a full 3 or 4-day experience feels overwhelming or scary, or if you are on a budget.

The integration session the following day is strongly advised for a complete experience. It is an opportunity to process your journey, to make sense of anything that maybe unclear or feel unresolved and to share and be witnessed in what surfaced for you, which are all important parts of the integration process.

Prices:

Price in Prime location Amsterdam: 2.350 Euros

Price in Other Locations: 2.050 Euros

2 People with 1 Shared Practitioner

Price in prime location Amsterdam: 3.320 Euros

Price in Other Locations: 3.020 Euros

3 People with 1 Shared Practitioner

Price in prime location Amsterdam: 4.450 Euros

Price in Other Locations: 4.050 Euros

RUBY:

*2 CEREMONIES & 1 INTEGRATION SESSION

Length:

2 full Days + 1h session over the course of 3 Days

What is included?

*Online Preparation Session

*2 x 5-7 hours with your Psilocybin Facilitator

*1x 1h integration session the next day in person or a few days later online

Please remember that you need to book your own accomodation.

Who is this for?

This package is for those who want to go deeper and get the most out of their experience but have time restraints and cannot come for more than 3 days. It is most beneficial when you are experiencing depression, anxiety, PTSD or chronic illnesses or trauma. It is also most beneficial if you consider yourself someone with controlling tendencies and you usually have a hard time letting go.

We usually recommend to have 2 integration sessions for 2 ceremonies over a period of 4 days, but for some people the shorter time period feels better.

Prices:

Price in prime location Amsterdam: 3.910 Euros

Price in Other Locations: 3.610 Euros

2 People with 1 Shared Practitioner

Price in prime location Amsterdam: 5.700 Euros

Price in Other Locations: 5.400 Euros

3 People with 1 Shared Practitioner

Price in prime location Amsterdam: 7.380 Euros

Price in Other Locations: 6.980 Euros

SAPPHIRE

*2 CEREMONIES & 2 INTEGRATION SESSIONS

Length:

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

Options 1 is our first recommendations, with the latter options for those who have more time constraints.

Option 1:

Day 1: Psilocybin Session
Day 2: Integration Session
Day 3: Psilocybin Session
Day 4: Integration Session

Option 2:

Day 1: Psilocybin Session
Day 2: Integration
Session
Day 3: Psilocybin Session
Later online: Integration
Session

Option 3:

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

What is included?

*Online Preparation Session

*2 x 5-7 hours with your Psilocybin Facilitator

*2x 1h integration session the next day in person or a few days later online

Please remember that you need to book your own accommodation.

Who is this for?

This package is for those who want to go deeper and 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 letting go.

Prices:

Price in prime location Amsterdam: 4.160 Euros

Price in Other Locations: 3.860 Euros

2 People with 1 Shared Practitioner

Price in prime location Amsterdam: 6.200 Euros

Price in Other Locations: 5.900 Euros

3 People with 1 Shared Practitioner

Price in prime location Amsterdam: 8.080 Euros

Price in Other Locations: 7.680 Euros

DIAMOND

*3 CEREMONIES & 3 INTEGRATION SESSIONS

Length:

3 full Days and 3h integration sessions over the course of 6 Days.

What is included?

*Online Preparation Session

*3 x 5-7 hours with your Psilocybin Facilitator

*3x 1h integration session the next day in person or a few days later online

Please remember that you need to book your own accomodation.

Who is this for?

This is for those who want to have the most profound experience and to break free of their negative behavioural patterns or have very deep rooted issues to work through. To come for 3 sessions, you need to be prepared for a very intense week.

Prices:

Price in prime location Amsterdam: 5.800 Euros

Price in Other Locations: 5.500 Euros

2 People with 1 Shared Practitioner

Price in prime location Amsterdam: 8.800 Euros

Price in Other Locations: 8.400 Euros

3 People with 1 Shared Practitioner

Price in prime location Amsterdam: 10.700 Euros

Price in Other Locations: 10.300 Euros





EXTRAS

Extra Preparation Sessions:

To deepen your experience, establish trust in your own ability to navigate the journey and get to know your practitioner better, you can book additional online preparation session(s).

Extra Integration Sessions:

To get more out of your journey and have someone accompany you while you are making changes in your life according to the insights you have received from your psilocybin journey, you can book ongoing integration sessions.

Clinical Trial Protocols:

During many of the Psilocybin clinical trials for therapeutic purposes, the usual protocol has been 3 preparation sessions and 3 integration sessions.

Extra sessions can be booked as single sessions or as a package.

Prices:

A **single extra session** of 1h costs 250 Euros.

A package of **5 extra sessions** will be 1100 Euros, which is 220 Euros per session.

A package of **10 extra sessions** will be 2000 Euros, which is 200 Euros per session.

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.](#)

