

# TRANSFORMATIVE ANCIENT THERAPY AND EMDR OCTOBER 2025

4 days of group medicine retreat  
with professionals in psychedelics

**October 22 ~ 27, 2025**

Art and Intentions  
“Niños Santos” Ceremony  
Massage  
Flowing in the Water  
Ritual Temazcal

**ITACA - TEPOZTLÁN**

A beautiful "magical town" surrounded  
by mountains, one hour from Mexico City

Must arrive to Tepoztlán at latest  
by noon Thursday, October 23th



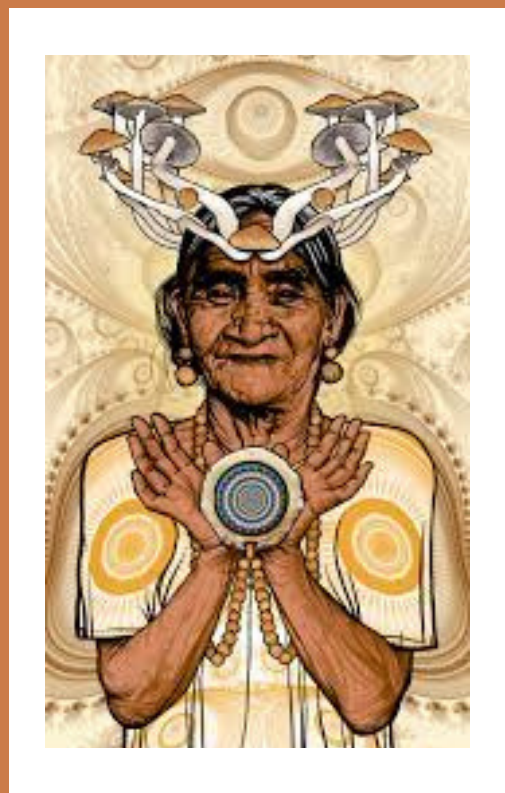


## Retreat Highlights

- 4-day retreat
- 3 nights in shared accommodations beside nature in the mountains
- Comprehensive preparation and integration
- 1 Relaxation Sound Therapy
- 1 Flowering bath
- 1 Psilocybin ceremonies
- 1 Relaxing Massage
- 1 Temazcal Ceremony (Sweat Lodge)
- 1 Flowing in the water ~ activity group
- Freshly prepared farm-to-table local food
- Professional, licensed facilitators
- Private consultations with a psychotherapist pre and post-retreat
- EMDR therapy offered pre and post-journey for preparation and integration
- Full day of integration on retreat with a Psychotherapist/Psychologist and trained psychedelic facilitators

*“Using the healing of Psilocybin Therapy, you may experience a healing like never before. It is time to embark on this journey”*





# We honor the spirit of María Sabina

For this Mazateca “sabia” the experience with the sacred mushrooms or "Niños Santos" was, above all, a healing ritual. From her indigenous worldview belonging to the "Mazateca" culture, the "Veladas" or ceremonies had the primary function of mediating between the spiritual world and the material world. What is revealed to the individual is a primordial reality of a sacred nature, that positively affects one´s life as well as one´s community. This memory and collective imagination are reflected in mental images which are experienced as spiritual beings that interact with the material world.

The word "**entheogen**", which includes the psilocybin fungus, means "**God within us**" or the possibility of "**generate the sacred within oneself**"

This word was proposed, honoring the cosmogony of María Sabina, by Carl A. P. Ruck, Albert Hofmann and Gordon Wasson. In 1955 when Wasson ingested the mushrooms with María Sabina, a cognitive bridge was built between two cultures: María Sabina's Mazatec view and that of the West, the spiritual and neuroscience.

We inherit and honor these two traditions and always seek the best combination for healing.

***Welcome, bringing all your intentions to achieve these purposes!***

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Remember "mijita"  
You are the medicine!

MARÍA SABINA



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# WHAT WE OFFER?



The purpose of this psycho-spiritual ceremony is emotional healing. It will help you deepen your connection with yourself, with other people and with the world around you. It is a possibility of finding a different meaning and purpose in your life.

We work in an integrative manner, incorporating aspects of psychedelic-assisted transpersonal therapy, integrative psychiatry, somatic psychotherapy, psychodynamic insight, EMDR breathing, and other therapeutic tools.

EMDR- Eye Movement Desensitisation and Reprocessing (EMDR) therapy is an efficacious tool for the preparation and integration of non-ordinary states of consciousness. It can aid in the intention-setting process and help to alleviate anxiety before dosing. EMDR will be used to explore and integrate psychological material that emerges during your journey.

The retreat is a personalized program  
with a maximum of 6 participants



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# WHAT DOES THE RETREAT INCLUDE?

## BEFORE WORKSHOP

- Medical survey and information
- Online interview and preparation session
- Online group preparation session

## DURING THE WORKSHOP

- All meals from Thursday evening until Sunday breakfast
- Shared room at "Itaca"

## EXPERIENTIAL WORKSHOP

### OCTOBER 23

- Relaxing Sound Therapy
- Setting your intentions with an art project

### OCTOBER 24

- Group preparation
- EMDR if desired (Individual Session)
- 1 Flowering bath
- Group Psilocybin Ceremony
- Individual grounding massage

### OCTOBER 25

- Trip to "Las Estacas" a water introspective and grounding experience

### OCTOBER 26

- Ritual Temazcal as part of the somatic and psycho-spiritual integration process
- Group integration sessions
- Closing the experience with meditation

### OCTOBER 27.

- Depart

## AFTER THE WORKSHOP

- 2 virtual group integration sessions
- 1 Individual Integration Session (on demand)

Cost: \$2.295 dollars

Non-refundable advance of \$300 dollars  
sent by Western Union  
(Instructions via WhatsApp as requested)





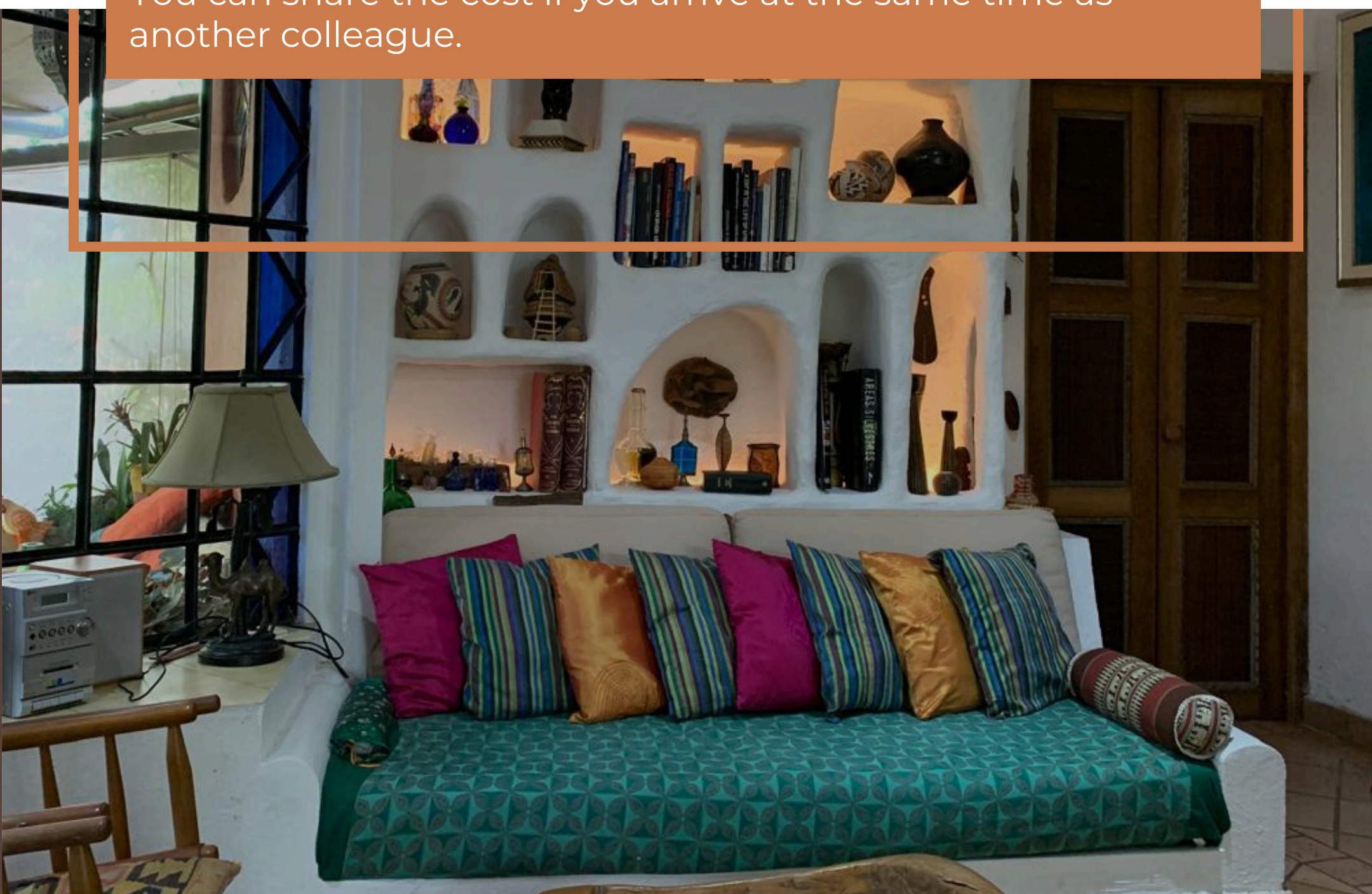
# LOGISTICS

**October 22th.** Arrival at Mexico City Airpor and travel to Tepoztlán. (Must arrive toTepoztlán at latest by noon Thursday, October 23th).

**October 27th.** Departure from Tepoztlan to Mexico City Airport (at least 5 hours before your flight time.)

There is a very safe Taxi service that can pick you up at the airport or hotel in Mexico City and bring you to Tepoztlán at the time you need.

Cost: approx. \$80 per trip.  
You can share the cost if you arrive at the same time as another colleague.







# ITACA – TEPOZTLÁN

## OCTOBER 22-27, 2025

Info: [cez1954@gmail.com](mailto:cez1954@gmail.com)

+52 55 2335 4153



# THE TEAM

MEET OUR TEAM OF HIGHLY  
TRAINED EXPERTS

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**Dr. Cecilia Escalante**

*Sociologist and Psychoanalyst  
with Masters and Doctorate degrees*

More than 20 years of clinical experience in psychodynamic practice. Accreditation in "Psychedelic Assisted Therapy" from the Integrative Psychiatry Institute, based in Boulder. Co.

My passion and one of my life purposes is to be present and accompany people on their journey of internal growth.

I love being in nature, gardening, architecture and the art experience.





## Joanna Crowell

*Trauma-sensitive HeartMath® Certified Practitioner, a  
Certified Psychedelic Assisted Therapist,  
and a Certified Holistic Health Coach*

Joanna Crowell LPC, LADC, is a certified psychedelic-assisted therapy provider through the Integrative Psychiatry Institute. Joanna values diversity, empathy, and collaboration, and she strives to create a supportive and inclusive environment for her clients. She is a certified EMDR therapist and an EMDRIA-approved consultant who specializes in treating anxiety, PTSD, addictions, and trauma. During the retreat, Joanna utilizes EMDR to aid in the preparation for your journey. EMDR also reinforces the insights you gain during your journey to assist in your integration process. Joanna's mission is to help clients overcome challenges, find their inner strength, and live more fulfilling lives.





WELCOME  
TO THE EXPERIENCE





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