

Common Retreat FAQs

1) What is included in the retreat price?

Typically includes:

- Accommodations
- Most meals
- Ceremonies and integration sessions
- Group excursions listed in the itinerary
- Local ground transportation during the retreat

Not usually included:

- International flights
 - Travel insurance
 - Some optional excursions
 - Certain meals during travel days or free days
-

2) Who are these retreats for?

These retreats are designed for:

- People seeking personal growth or transformation
- Spiritually curious or experienced participants
- Professionals looking to reset or gain clarity
- Individuals navigating life transitions

No prior spiritual or plant medicine experience is required.

3) Is this safe?

Yes, safety is a priority.

Retreats typically include:

- Experienced facilitators and local guides
- Structured ceremonial settings
- Preparation and integration support
- Screening or intake processes when applicable

Participants are responsible for:

- Being honest about medical conditions
 - Following preparation guidelines
 - Securing travel insurance
-

4) Do I need prior experience with meditation or plant medicine?

No.

Many participants are first-timers.

The retreats are designed to:

- Meet people where they are
 - Provide guidance and preparation
 - Offer a supportive, non-judgmental environment
-

5) What kind of people attend these retreats?

Typical participants include:

- Entrepreneurs and professionals
- Healers, coaches, and creatives
- People in life or career transitions
- Couples or solo travelers

Most are thoughtful, growth-oriented, and open-minded.

6) What are the accommodations like?

Accommodations vary by retreat category, but may include:

- 4-star or 5-star hotels
- Private sanctuaries
- Eco-lodges or nature-based properties
- Luxury tents or boutique guesthouses (in safari or jungle settings)

Each retreat clearly lists the accommodation level.

7) What if I'm traveling alone?

Most participants come solo.

The retreat environment is:

- Intimate and supportive
- Designed to build connection
- Facilitated with group circles and shared experiences

Many people leave with lifelong friendships.

8) What happens during a ceremony?

While details vary by retreat, ceremonies are typically:

- Guided by experienced facilitators or traditional practitioners
- Held in safe, intentional environments
- Supported by preparation and integration sessions

Participation in certain practices may be optional depending on the retreat.

9) What if I'm not sure I'm ready?

That's very common.

Many participants:

- Feel nervous or uncertain at first
- Just know they're being called to something deeper
- Decide when the retreat feels aligned rather than "perfectly certain"

Clarity often comes through conversation, not waiting.

10) Are payment plans available?

In most cases, yes.

Typical structure:

- Initial deposit to secure the spot

- One or more scheduled payments before the retreat
- Full payment due prior to the travel date

Exact terms vary by retreat.

11) What is the cancellation policy?

Policies vary, but typically:

- Deposits may be non-refundable
- Partial refunds may be available within certain timeframes
- Travel insurance is strongly recommended

Full details are always provided in the Terms & Conditions.

12) What kind of transformation can I expect?

Each journey is different, but common outcomes include:

- Emotional release and healing
 - Greater clarity and direction
 - Deeper connection to self or purpose
 - Renewed energy and inspiration
 - Lasting friendships and community
-

13) What parts of the country will we be traveling to?

Each retreat is carefully designed around a specific region or route that offers the most meaningful spiritual, cultural, and natural experiences in that country.

Rather than trying to see everything, we focus on a few powerful locations that support the intention of the journey—such as sacred sites, nature sanctuaries, cultural landmarks, or spiritual centers.

You'll receive a detailed day-by-day itinerary that shows exactly where you'll be traveling, staying, and practicing throughout the retreat. We're always happy to walk you through the route and highlights during a call.

Note: City names are in the itinerary and will also be on the price sheet