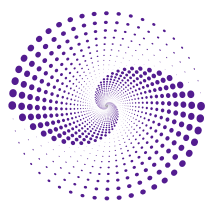


CONSCIOUS GROWTH

Psychedelic Retreat for Artists and Creatives

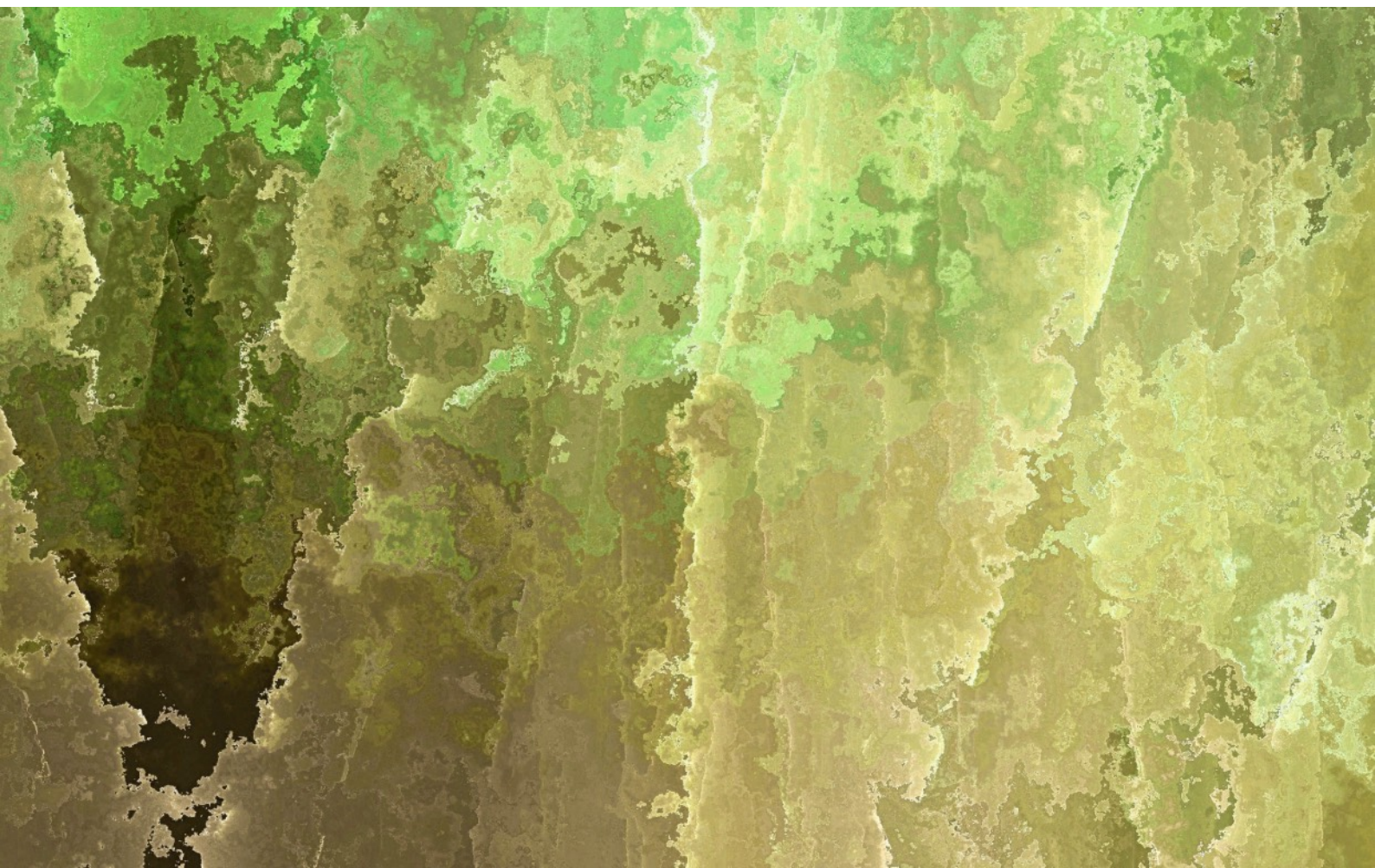
DEEP TRANSFORMATION
THROUGH EXPANDED STATES

consciousgrowth.eu




This psychedelic retreat for artists and creatives is an invitation to step into a different kind of creative space: one where we use expanded states of consciousness for you to connect more deeply with your artistic process, explore new inspiration, and bring fresh energy to the way you create, feel, and express.

Whether you're a painter, writer, musician, performer, designer, or simply someone who relates to life through creative exploration, this retreat offers the chance to engage with your artistic process in a different way in a shared space with others, each one on their creative path. Through a guided psychedelic experience in a safe, supportive setting, you'll have the chance to open new pathways and explore what wants to emerge when you meet your creativity from a different angle.



Why join this psychedelic retreat?



Enrich your creative journey

Deepen your connection to your artistic energy, essence and expression



Cultivate a better relationship with your creativity

Learn how to better ride your creative flow with more ease and confidence



Move through your creative blocks

Shift your perspective, release outdated patterns, and reconnect with your creative spark if it feels stuck



Enter into dialogue with your inner critic

Engage in a more constructive relationship with the critical parts of yourself that get in the way of your artistic expression



Be inspired in a shared environment

Reflect together, exchange ideas, and create side-by-side or collaboratively in a nourishing inspiring setting with other creatives



Explore expanded states safely

Experience the power of psychedelics in a professionally guided, held setting, supporting clarity and integration

What to expect ...

- Introductory call to explore whether the retreat is right for you
- Medical and psychological screening to ensure safety and readiness
- One-to-one consultation with a Lead Facilitator to get to know you more personally
- Online group preparation and information meeting to meet your fellow participants
- Small group of up to 10 participants: intimate and spacious
- 4-day retreat held in an idyllic natural location
- Three nights of shared accommodation
- Transport from the designated train station to the retreat location and back
- Wholesome vegetarian meals (vegan option available)
- One guided psychedelic session (medium to high dose)
- Experienced Facilitators who are present all the time for personal care and support
- Breathing, embodiment, and movement practices
- Gentle structure with space for your own rhythm
- Prompts and activities to help you further your creative exploration
- Dedicated time for you to deepen your creative process
- Opportunities to exchange inspiration with the other participants
- Group sharing and integration circles
- Personal post-retreat integration call with a Lead Facilitator
- Online group integration meeting 1-2 weeks later

We take care to create a space that is held but open, structured yet free. We will suggest different activities but there is no expectation for you to produce anything or share unless you wish to. The focus is on meeting your creative process as it is, with curiosity, openness, and support. This is a chance to let go of the pressure to create and to reconnect with why you create in the first place.

Program

1st Day	2nd Day	3rd Day	4th Day
<ul style="list-style-type: none"> • Arrival and settling in • Introductions • Individual and group activities • Dinner • Free time / Group activity 	<ul style="list-style-type: none"> • Individual and group activities • Psychedelic experience • Dinner • Free time / Group activity 	<ul style="list-style-type: none"> • Breakfast • Personal or group creative process engagement • Lunch • Personal or group creative process engagement • Dinner • Group sharing 	<ul style="list-style-type: none"> • Breakfast • Space for reflection • Individual and group activities • Closure • Lunch • Departure

It is advisable that you arrive a day before the psychedelic retreat so you have time to land internally and be in a calmer space before the experience. We also suggest that you leave a day or two after the retreat, as you would be in an emotionally more open space. You can look at our [Frequently Asked Questions](#) for more information about the retreat.



Other participants' experience

Safe and respectful

It was a safe space, respectful accompaniment, very receptive to our needs. Beautifully facilitated, very integrated. It's clear that there's a lot of preparation work behind it and a lot of experience.

Rubén

A game-changer

The retreat opened my mind to the future. It has given me clarity in both my personal and professional life. I now feel like I'm riding the wave of life, knowing that while challenges will come, I'm a different person in how I face them. I couldn't recommend this experience highly enough – it's been a true game-changer.

Sarah

Deep exploration

An amazing experience! The facilitators created a safe, welcoming space for deep exploration. Their personal attention and constant guidance made each journey incredibly powerful and transformative.

Malcolm

Profoundly transformative

This experience was profoundly transformative. I could access and transform parts of myself in a new way. I value a lot the safe space and highly respectful and compassionate way of accompanying me during the whole process.

Peter

Who We Are



joansirera.com
[joangsanchizsirera](https://www.linkedin.com/in/joangsanchizsirera)
[joan_sirera](https://www.instagram.com/joan_sirera)

Joan Sirera

Co-founder and Lead facilitator

Joan is a Gestalt psychotherapist who holds certifications in working with trauma, therapeutic dream work and Somatic Sexuality. Over time he has developed a holistic approach, integrating humanistic psychotherapy with body awareness, meditation techniques and creative exploration. He is especially skilled in facilitating personal development through artistic expression and facilitates retreats internationally. His main expertise is in the use of expanded states of consciousness to enhance human potential.



michaelconti.net
[conti-michael](https://www.linkedin.com/in/conti-michael)
[michaelconti.info](https://www.instagram.com/michaelconti.info)

Michael Conti

Co-founder and Lead facilitator

Michael is a consultant psychotherapist, coach and clinical supervisor working from an integrative somatic perspective. Trained in EMDR Therapy, Ketamine-Assisted Psychotherapy, and Somatic Sexuality, he specialises in working with expanded states of consciousness, trauma, and gender and sexuality with a particular focus on the LGBTQIA+ population. He is the author of the book *Living Better with Yourself – A Practical Guide to Embodied Growth* and runs workshops internationally.



thecovetherapy.com
[jacqueline.micallef](https://www.linkedin.com/in/jacqueline.micallef)
[jacky.micallef](https://www.instagram.com/jacky.micallef)

Jacqueline Micallef

Facilitator

Jacqueline is a Gestalt psychotherapist and coach registered with the Malta Psychotherapy Profession Board and has a deep and ongoing interest in plant medicines. In her work, she draws upon a variety of therapeutic approaches to tailor her methods to meet the needs of each client. She has also been practising mindful dance movement which she integrates into her present work. As the director of The Cove, she leads a team of psychotherapists and coaches.

Our values

Trust We are committed to creating the highest level of trust that enables people to challenge themselves and grow.

Respect We celebrate the diversity of gender, sexual orientation, religion, race, culture, age, and abilities.

Nurture We foster a nurturing environment through our guidance and support, always within an ethical framework.

Uniqueness We offer a highly-personalised experience and take the time to know each person on multiple levels.

Transformation We do our utmost to create an experience that is highly significant in the development of one's life journey.

Integration We use different tools to help integrate various aspects of oneself while respecting the varied dimensions of life.

Community We believe that everything is interconnected and aim to create an accessible space to nurture this.

Beauty We believe that beauty is a fundamental component of the experience we are providing.





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Instagram: [consciousgrowth.eu](https://www.instagram.com/consciousgrowth.eu)

LinkedIn: [consciousgrowtheu](https://www.linkedin.com/company/consciousgrowtheu)

Facebook: [consciousgrowth.eu](https://www.facebook.com/consciousgrowth.eu)

YouTube: [ConsciousGrowth_EU](https://www.youtube.com/ConsciousGrowth_EU)