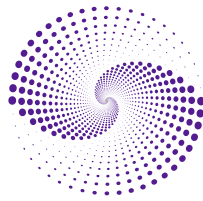


CONSCIOUS GROWTH

Psychedelic Retreat for LGBTQIA+ people

DEEP TRANSFORMATION
THROUGH EXPANDED STATES

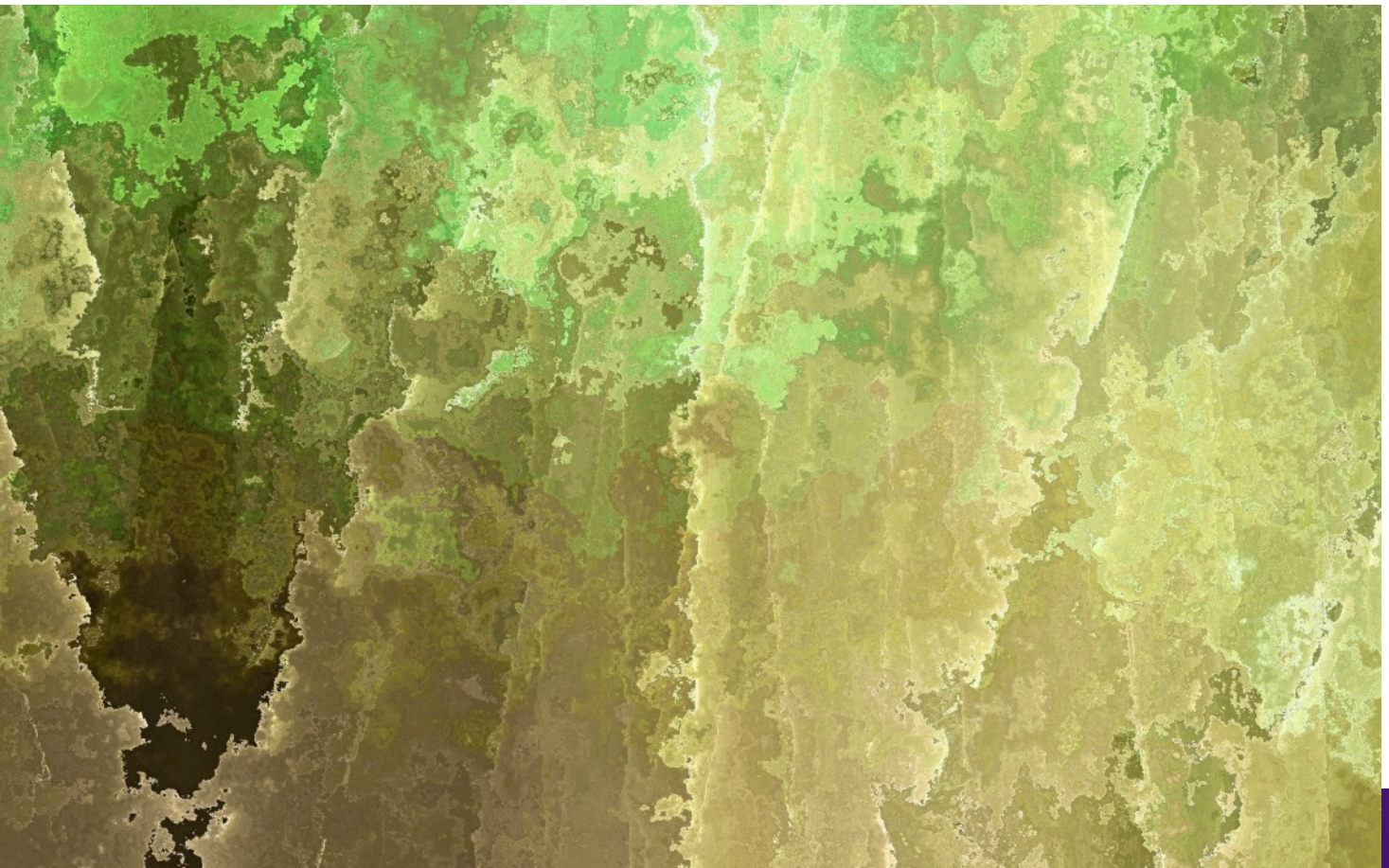
consciousgrowth.eu



This psychedelic retreat for LGBTQIA+ people is an invitation to step into a different kind of space. We use expanded states of consciousness and various somatic, creative and group activities to embark on a journey of deep transformation that brings you in deep connection with yourself and others who also identify as LGBTQIA+. It is a chance to explore your inner self, open new pathways of self-understanding and continue your life with renewed energy, authenticity, and purpose.

We offer a safe and nurturing environment and guide you through every stage of your journey – preparing you beforehand, supporting you during the process, and offering continued support afterwards.

Join us for an enriching experience of personal growth and transformation.



Why join this psychedelic retreat?



A safe space to be fully yourself

In our retreat for LGBTQIA+ people, you will be in an environment where your identity is affirmed and respected, allowing you to go deeper into your process without hiding or fear.



Healing in community

Sharing the process with others from the LGBTQIA+ community creates a deeper sense of belonging, with group practices that support authentic, embodied connection.



Deep personal exploration

The combination of a psychedelic journey with meditation, creative and somatic practices allows you to connect deeply with yourself, work through old wounds, and further your personal growth.



Embodied integration

The somatic, movement, breathwork, and creative practices that we suggest help you embody your psychedelic experience and give it shape in a way that allows it to unfold in the best possible way.



Guided support at every stage

With careful preparation, skilled facilitation, and integration support, you are accompanied throughout the process, ensuring safety and depth at every step.



Affirmation of diversity

Being with others who reflect the spectrum of queer identities highlights shared humanity while celebrating diversity, enriching your own journey of growth.

We Offer You ...

01.

An experience using **psychedelics** as a central tool that enables your growth by helping you shift your perception of yourself and the world around you.

02.

A **preparation** process where we get to know you personally so that we can guide and accompany you in the best way possible during the retreat.

03.

An **accompaniment** process where we facilitate your opening up to the psychedelic experience and offer our expertise to support you in whatever comes up for you.

04.

An **integration** process that uses various tools and approaches so as to ensure that the retreat is an experience of deep personal transformation.

05.

A **group setting** that allows you to foster strong and meaningful connections with other like-minded people and create community together.

06.

A **safe space** that is physically, emotionally and spiritually secure in which we work within a clear ethical framework.



Other Participants' Experiences

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

The Retreat

Next dates: > TBA

Program

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

Location and Travel

Each retreat venue is carefully chosen for its tranquillity, privacy and close connection to nature – whether through gardens, surrounding forests, or both. We want you to feel truly at ease during your stay, so we prioritise comfortable, welcoming spaces with thoughtful, calming décor.

Accommodation is shared in spacious rooms, offering plenty of room for personal rest and reflection. There are also some free parking spaces on site.

Throughout your retreat, we provide nourishing, healthy vegetarian meals (with vegan option) to support you physically and emotionally during the experience. If you have special dietary restrictions, please check with us beforehand to see whether we can cater for that.

The group language is English, which allows everyone to share and connect during the group activities. However, we also understand the importance of personal connection in your own language. Whenever possible, our facilitators will speak with you in your own language, depending on the language skills available within our team.

It is advisable that you arrive in the country where the retreat is going to be held a day before 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. In order to make it your logistics easier, we include transportation to and from a train station close by to the retreat location.

You can look at our [Frequently Asked Questions](#) for more information about the retreat.

Your Journey Includes ...

- 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 Psychotherapist to get to know you more personally
- Online group preparation and information meeting to meet your fellow participants
- Small group of up to 12 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 Psychotherapists who are present all the time for personal care and support
- Group intention setting, sharing and integration circles
- Breathing and meditation practices
- Individual and group somatic practices
- Movement and creative practices
- Phone call support as needed in the days following the retreat
- Online group integration meeting 1-2 weeks later
- Personal integration call with a Psychotherapist to support your process
- 3-month access to our online group integration circles after the retreat
- Optional additional individual integration or therapy sessions are also available

We take care to create a space that is held but open. We will suggest different activities but there is no expectation for you to do anything or share unless you wish to.

How the Journey Unfolds

We begin the psychedelic journey with a guided meditation to help participants ground themselves in their bodies and find a space of inner calm. The trip will then be accompanied by curated music, interspersed with periods of silence, depending on the needs of the group.

In keeping with a spirit of openness, we do not attempt to direct the psychedelic experience. Instead, we allow it to unfold naturally. However, the facilitators remain available to provide support or gentle intervention if someone feels stuck or faces a challenging moment during the trip.

During the initial phase of the journey, each participant will remain in their own space, directing attention inwards and connecting first and foremost to their inner experience. In the later phase, participants may choose to continue their personal journey on their own or connect with others, always within a framework of clear communication and consent. The facilitators will be present to ensure these interactions remain so.

After the trip concludes, there is an open space for participants to feel free to continue processing what came up during the psychedelic journey in a way that feels necessary or meaningful to them.



Registration and Payment

We believe in creating more social equality by increasing accessibility to transformative experiences for people with lower incomes. To support this, we propose a sliding scale as well as offer some low-income spots. The sliding scale enables us to provide spaces for participants who have limited financial resources. If this is your case, feel free to get in touch with us and provide us with a brief explanation of your financial situation. Places set aside for people with lower income are limited.

STANDARD	SUPPORTER
<i>The regular contribution for the retreat program. This rate is for those who have enough financial resources.</i>	<i>Your additional contribution allows us to offer retreats programs available at a lower rate for those with less financial resources.</i>

If you feel that it your income does not allow you to attend the retreat in any of these brackets, please get in touch with us and let us know your current situation and how this retreat could benefit you. We only have a very limited amount of low income spaces available.

The price includes full board and lodging, together with the additional preparation and integration sessions mentioned above. Prices include all taxes.

- Payment details:

50% deposit due within 7 days of confirmation of registration

Full amount due at least 30 days before the start of the retreat

For cancellation provisions, please refer to the [Terms and Conditions](#).

APPLY FOR THE RETREAT

Who We Are



🔗 joansirera.com
🌐 joangsanchizsirera
📷 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
📷 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
📷 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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Facebook: [consciousgrowth.eu](https://www.facebook.com/consciousgrowth.eu)

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