

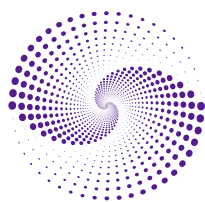
CONSCIOUS GROWTH

Psilocybin Retreats in the Netherlands

2026

DEEP TRANSFORMATION
THROUGH EXPANDED STATES

consciousgrowth.eu



Imagine ... stepping away from your daily routine to embark on a profound journey of self-discovery and transformation. Our retreats provide a unique space for you to explore your inner self, find clarity and connect with a community of like-minded people in a safe and legal setting

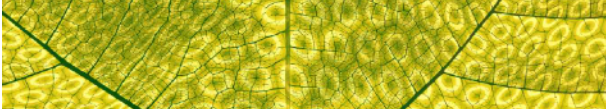
Our psychedelic retreats in the Netherlands are facilitated by experienced psychotherapists trained in trauma-informed and somatic approaches. This allows us to offer a safe and nurturing environment where you can unlock new dimensions of consciousness and personal development.

At our retreats, we offer an innovative combination of individual or group somatic and creative practices designed to facilitate a transformative experience. We guide you through every stage of your journey – preparing you beforehand, supporting you during the process, and offering continued support afterwards. Our unique approach helps you acquire valuable insights, develop profound connections, and return to your daily life with a revitalised sense of purpose and clarity.

Join us for an enriching experience of personal development and transformation with the full support of experienced therapists. Join us for an enriching experience of personal growth and transformation.



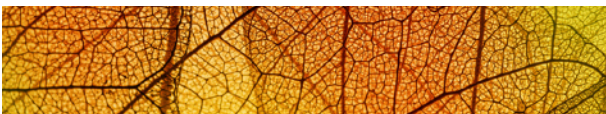
Why Join This Retreat?



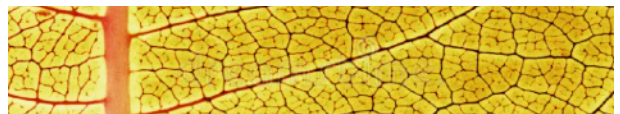
Overcome **feeling stuck** in life by seeing past obstacles and finding ways to move forward.



Find more **meaning and purpose** in life by gaining a deeper understanding of yourself and the world around you.



Broaden your **perspective** and go beyond your default way of looking at life.



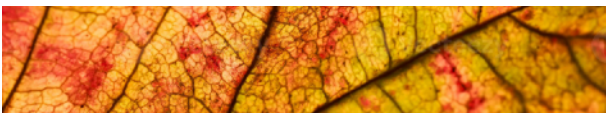
Bring into **alignment** your body, heart and mind.



Gain more **clarity** about who you are and where you come from, and explore steps forward in your life.



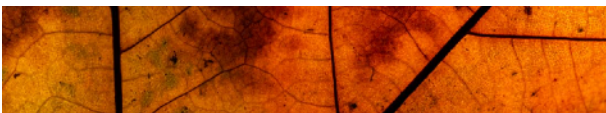
Become more **authentic** in how you relate with yourself and in how you live out your relationships.



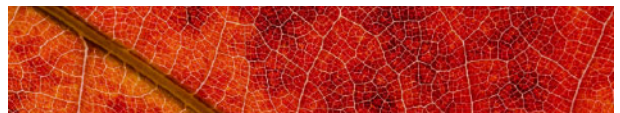
Nurture your **compassionate self** by drawing upon your inner strength.



Foster a sense of **community** with others on a similar journey.



Tap into the **interconnected web of existence** that goes beyond the materialistic and individualistic perspectives.



Open up to a **deeper experience of life** that allows you to explore a transpersonal dimension.

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

Gentle support

This experience helped me gain a deeper awareness of my inner conflicts – making space for insight, reflection and self-development. This was made possible through the incredibly compassionate guidance of the facilitators, whom I'm grateful for gently supporting me throughout my process.

Giulia

The Retreat

- 2026 dates:** > 27 – 29 March 2026
> 21 – 23 August 2026
> 30 October – 1 November 2026

Programme

1st Day	2nd Day	3rd Day
• Arrival and settling in • Introductions & sharing • Individual & group preparation activities • Dinner • Free time / Group activity	• Breakfast • Individual & group preparation activities • Reflection time • Psychedelic experience • Dinner • Free time	• Breakfast • Individual & group integration activities • Closure • Lunch • Departure

Location and Travel

Our psilocybin retreats take place in a selection of peaceful locations, all within a 2 to 3-hour train ride from Amsterdam. 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 with 2 to 4 beds, 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.

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 a day before the 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. We will organise return transportation from a designated nearby train station to facilitate access to the 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
- 3-day retreat held in an idyllic natural location in the Netherlands
- Two 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
- Embodiment, movement and creative practices
- In-person support in Amsterdam in the morning after the retreat
- 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
- *Optional additional individual preparation, integration or therapy sessions are also available (not included in retreat price)*

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

ACCESSIBLE	STANDARD	SUPPORTER
€ 1350	€ 1550	€ 1750

DISCOUNTS
Early Bird € 100 (up to 2 months before) Bring a Friend € 80 per person <i>* Offers cannot be combined. We offer the highest discount that applies in each case.</i>

We believe in creating more social equality by increasing accessibility to transformative experiences for people with lower incomes. For this purpose we have set up a fund to offer a scholarship to a couple of participants on each retreat. Anyone paying the supporter price will be contributing to such a fund. If you are in need of a scholarship, please let us know your situation and kindly provide proof of income, or proof of unemployment or student status.

The price **includes** the psilocybin retreat with full board and lodging, together with the additional preparation and integration sessions mentioned above. Prices include all taxes. Due to legal reasons, the price **does not include** the psilocybin truffles. These cost around €30 and need to be paid for separately on site before the retreat starts. The price is valid for 2 months from when you contact us about the retreat, after which we reserve the right to update the price.

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](#).

START YOUR JOURNEY

Who We Are



🔗 joansirera.com
🌐 [joangsanchizsirera](#)
📷 [joan_sirera](#)

Joan Sirera

Co-founder and Lead facilitator

Joan is a Gestalt psychotherapist trained in ketamine-assisted therapy. He holds certifications in trauma work, therapeutic dreamwork and somatic sexuality. Over time he has developed a holistic approach, integrating humanistic psychotherapy with body awareness, meditation and creative exploration. He is especially skilled in facilitating personal growth 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 registered consultant psychotherapist 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. She is trained in ketamine-assisted psychotherapy and has a deep and ongoing interest in plant medicine. In her work, she draws upon a variety of therapeutic approaches to tailor her methods to meet the needs of each client. She also practises mindful dance movement which she integrates into her work. As the founder and 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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