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Welcome to Pods

# The integral retreat program for transformation



# Overview

Welcome to your Acsauhaya preparation and integration support program. This retreat goes beyond simply offering you psilocybin; it is a supportive and ongoing container that will walk the journey with you to ensure you have the safest and most transformative experience with us in person and when you go back home.

Along the way, we will share preparation resources for your retreat for a better experience, connecting you with fellow retreat guests before you arrive, and facilitating the integration of your experience with a 6-week online integration program.

All of it is designed to help you activate the full potential of your retreat and bring the ceremony back home with you.

Made with love and humble service by your friends at Acsauhaya and [Nectara](#).

If you have any questions about the program, email us at [hello@nectara.co](mailto:hello@nectara.co)

Warmly,

Elaine and Pascal from Nectara + the Acsauhaya team

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## Table of contents

Overview.....	1
What is a Pod?.....	2
Program Benefits.....	4
Weekly Themes.....	5
Resources.....	6
How it works.....	7
Your Guide.....	8
Disclaimer.....	11
Frequently asked questions.....	12



## What is a Pod?

A Nectara Pod is a group psychedelic integration program designed to support retreat guests in translating their psychedelic experience into long-lasting positive change.

Facilitated online over six weeks, the Pod will help facilitate your goal of transformation, behaviour and lifestyle changes, and healing with psychedelics by providing guidance, peer support, and integration resources created by Nectara's experienced guides.

The content and philosophy of Nectara's Pods are informed by evidence-based concepts and practices rooted in science and wisdom traditions.

***This groundbreaking integration program includes:***

- **Before you arrive:**
  - Preparation resources to prepare your mind, body, and soul.
  - A private community space online to meet and connect with the staff and your fellow participants.
- **After the retreat:**
  - Six two-hour group calls facilitated by Nectara guide **Mijal Schmidt**, a trusted and carefully vetted professional with over 10 years of experience.
  - Six unique and multifaceted weekly themes: Grounding, Flow, Transformation, Expansion, Wisdom, and Interbeing.
  - An intimate and powerful trauma-informed container held with intention, ceremony, and care. Meet with existing retreat friends from your Acsauhaya journey or make new ones.
  - Lifetime access to a library of integration resources, including high-quality guided breathwork sessions, meditation journeys, Yoga Nidra practices, and more.

- A private and facilitated community space where additional opportunities to connect and share exist during and after the program.
- Ongoing integration support from Nectara's ecosystem of guides, resources, and programs.



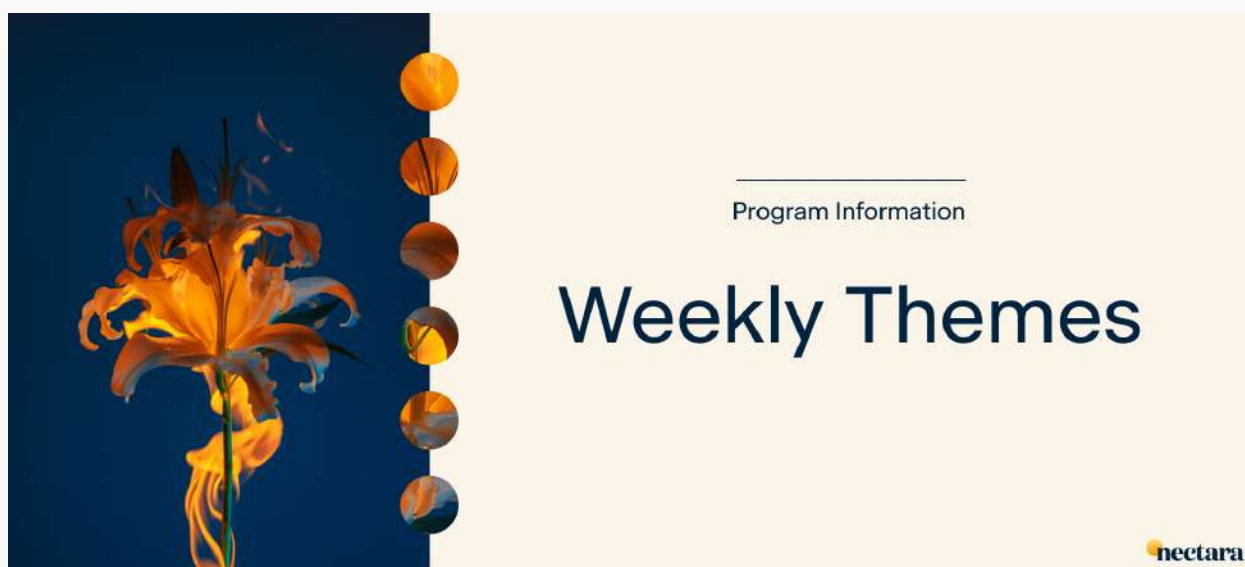
## Program Benefits

Pods are supported by experienced Nectara guides and engagement activities on our community platform, Circle, that contribute to further reflection, integration and connection for participants between the program weeks and beyond.

### ***In the Pods, you will:***

- ❖ Expand and deepen the gifts received during your psychedelic journey.
- ❖ Connect with an intentional community to process, reflect, and share.

- ❖ Design a roadmap to reconnect to wholeness with more ease and clarity.
- ❖ Benefit from the power of shared humanity in a closed and trauma-informed facilitated container.
- ❖ Receive practical wellness resources to enrich your mind, body, and soul.
- ❖ Deepen your connection to yourself, others, and the Earth.



## Weekly Themes

Pod programming is rooted in six distinct weekly themes inspired by our connection to nature, the elements, and wisdom traditions from various philosophies. This is a secular program with no religious or dogmatic perspectives.

***Each Pod meeting will take inspiration from these general themes:***

- ❖ **GROUNDING:** *Connection, embodiment, nurturing, earth, root/body*  
The first week is focused on gathering as a group and co-creating a

safer and supportive space for integration within the space. We'll be sharing our intentions, getting to know each other, and you will be guided into your body to connect, ground, and nurture yourself for the journey ahead.

❖ **FLOW:** *Rhythm, play, movement, creativity, water/emotions*

The second week is about movement and your relationship to it. You will be moving what is present within yourself, flowing through what surfaces with acceptance, and creating an attuned and curious presence with what the next steps look like for you.

❖ **TRANSFORMATION:** *Power, will, fire, energy, passion, light, solar plexus*

On the third week, we'll tap into your creative power, your vision, and the future you want to step into. We'll equip you with integrative tools and practices to clarify and activate the fire within your spirit for inspired but grounded action moving forward.

❖ **WISDOM:** *Listening, love, knowledge, courage, heart/mind*

On the fourth week, we'll slow things down and reflect and listen to our inner guidance and what it is sharing with us. What does your heart truly want? How can you step into your highest vision with intelligence and courage?

❖ **EXPANSION:** *Freedom, imagination, vision, expression, equanimity/spirit*

On the fifth week, we'll start to activate the edges of your current potential into the new reality you want to create. What does that look like when you don't hold yourself back? How can you stretch the

realms of your possibilities through embodied action?

- ❖ **INTERBEING**: *Interconnection, reciprocity, vision, sacredness, generosity, relationships/collective*

On the last week, we'll go wide by touching into the collective web of life as a resource, guide, and ally. We'll connect with deep support, big vision, and the sacredness that lives beyond our stories. It will also be our closing ceremony and a bridge of empowerment and accountability to the next steps of your journey.



## Resources

Before you arrive at the retreat, you will receive a range of resources to help you create the capacity within yourself for a clear, powerful, and integrative experience with us.



After the retreat, between each theme of the Pods program, you will receive expert-led resources created by Nectara to help you further integrate and explore your path of transformation. You will have access to these forever.

***These resources include but are not limited to:***

- ❖ Customized and thematic breathwork sessions with Robin Clements, a leading facilitator and teacher with over 25 years of experience.
- ❖ Self-paced mindfulness exercises with Nectara Guide David Gomes, a meditation and mindfulness coach with 30 years of experience.
- ❖ Trauma resolution videos with Sasha Cuff, a somatic therapist and trainer with over 20 years of experience.
- ❖ Guided Yoga Nidra meditations with Nectara Guide Erin Rose Ward.
- ❖ Integration workshops and tools with experienced guides.
- ❖ Meditation practices with Nectara Guide Marci Moberg.
- ❖ Community prompts and discussions facilitated by Louis Belleau, community lead at Nectara.



## How it Works

The program begins with an introduction to the next weeks, an invitation to join Acsauhaya's private community, and preparation resources.

For 6 consecutive weeks after your retreat, you will meet online for 2 hours with your Pod cohort and guide to explore a new theme together. Each session will be structured but flexible to what wants to arise in each unique group.

To support in between sessions further, you will also have access to a private community space where ongoing discussions and resources will be posted for the group to connect and reflect with.

### ***Each Pod call will include the following:***

- ❖ An opening of the ceremony
- ❖ Welcoming and grounding
- ❖ Accountability and followups
- ❖ Group sharing and integration activities
- ❖ Practical integration guidance
- ❖ Reflection and commitment
- ❖ Closing of the ceremony



## Your Guide

Mijal Schmidt is a guide with over 10 years of experience in supporting people with plant medicine integration.

Mijal is a clinician by heart, who knew early on in life that she wanted to dedicate herself to reading human desire as a life force. She studied psychology simultaneously with psychoanalysis and supplemented her practice with studies in trauma, therapeutic accompaniment, and musicology.

In 2015, Mijal travelled to Peru to diet and share her own expertise with therapists in Takiwasi. Through this experience, her love for Ikaros led her to pursue academic research as part of a healing modality available from ancient wisdom, integrating this into her work today. She has worked from the Shipibo perspective to understand the elements that are key to the transmission and acquisition of healing properties through sound.

Combining her analytical process with this experimentation, she found the blending of both worlds to be prolific and clarify her own human experience,

giving her more elements to work with others. She has worked with traditional healers (curanderos) from Colombia, Peru, and Mexico. She is also part of ICEERS as an integration coach and supports their integration program development.



## Group Agreements

*Further co-created agreements will be designed by your Pod group on the first call to help foster more safety and accountability in the group during the program.*

Confidentiality agreement: You have the right to confidentiality and privacy by the Pod facilitator(s) and other Pod members.

Confidentiality within the Pod setting is a shared responsibility of all attendees. While Pod facilitators may not disclose client communications or information except as provided by law, group members' communications are

not protected. As such, confidentiality within the group setting is often based on mutual trust and respect.

Nectara adheres to professional, legal, and ethical guidelines of confidentiality established by professional organizations in Canada and the US. Legal and ethical exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge of the abuse or neglect of a minor child or incapacitated adult, or responses to a court subpoena or as otherwise required by law.

As a member of this group, I agree to not disclose to anyone outside the group any information that may help to identify another group member. This includes but is not limited to names, physical descriptions, biological information, and specifics of interactions with other group members.

***Additional group agreements:***

- I agree to attend the Pod session each week for 6 weeks if possible, stay the entire session, and be punctual. The pod will start and end on time.
- Whenever possible, I agree to let the Pod members and/or guides know 24 hours in advance if I miss a session.
- It is my responsibility to discuss my intentions, goals and reason(s) for attending. Also, I understand that no one will force me to talk or reveal difficult material before I am ready.
- I understand that any form of harassment, violent speech and hate is not permitted within the group setting.
- I agree that all cell phones and distracting technology software will be turned off during group time.
- I agree to participate in the group sober and not under the influence of any controlled/uncontrolled substances.

- I understand that Nectara Pods is not a therapy program nor a replacement for medical treatment or advice. I take full responsibility for any personal decisions or actions relying on the outcomes and shares of the Pod facilitator and/or members.
- I understand that any group outcome measures or satisfaction surveys are summarized. This information can assist Nectara in improving services and evaluating programs and will only be shared with our team and your hosting guide.
- I understand that pods need to balance the needs of individuals with the needs of the group. I understand that I will practice self-awareness and that every person will only take the agreed-upon time during the group process. If necessary, additional 1:1 is available after and during the Pods program.

I have read the Nectara Pod Agreements carefully and agree to its terms and conditions. I have asked and answered any questions concerning these Group Agreements and am aware that I agree to the Agreement by participating in a Pod. I also know my refusal to agree to this Agreement will exclude me from participating in the group.

## **Disclaimer**

Participating in the Nectara Pod program does *not* constitute therapy, counselling or mental health support, nor is it a substitute. Please consult your healthcare professional to diagnose or treat any medical, psychological or physiological concerns. Our guides will not be holding space as therapists. If you need therapeutic support, booking a 1:1 session with a Nectara guide will be a more appropriate space for that kind of service.



## Frequently Asked Questions

- **What are Nectara Pods?**

A Nectara Pod is a group psychedelic integration program designed to support retreat guests in translating their psychedelic experience into long-lasting positive change. Facilitated online, the Pod will help facilitate your goal of transformation, behaviour and lifestyle changes, and healing with psychedelics by providing guidance, peer support, and integration resources created by Nectara's experienced guides. The content and philosophy of Nectara's Pods are informed by evidence-based concepts and practices rooted in science and wisdom traditions.

- **Who is this program for?**

The program is designed for folks who have already had a psychedelic journey in the past. A week ago or two years ago, the timing of that journey doesn't matter. The program supports each participant's unique journey and is suitable for individuals with various experience

levels, including those just starting out with psychedelics.

- **How long is the program?**

Nectara Pods is an 8-week program that starts with preparation resources sent to you, followed by a 6-week group program with 2-hour calls each week. Each call provides participants a facilitated trauma-informed environment to explore their inner journey with a supportive community. The day and time for each call will be consistent from week to week.

- **What if I can't make every weekly call?**

It's highly encouraged that everyone makes each call. However, we know life happens, and it doesn't always line up. If you miss a call, you can catch up on this week's conversation and resources on the Circle, our community platform.

For privacy and safety reasons, Pod calls will not be recorded.

- **Is this an in-person program?**

Nectara's Pods is an online program designed to be accessible to anyone, regardless of location. Participants can join from the comfort of their homes, making it more accessible to those who may not have the means or ability to travel.

- **Who is leading the program?**

Nectara's Pods program is led by experienced facilitators who specialize in psychedelic integration, therapy, and wellness modalities. Our facilitators go through a rigorous selection process and have had extensive training to ensure that they can provide a safe and



supportive environment for participants.

Each retreat partner is assigned a guide leading their Pods program.

**[Check out our carefully vetted team of integration specialists.](#)**

- **Is this group therapy?**

Participating in the Nectara Pod program does *not* constitute therapy, counselling or mental health support, nor is it a substitute. Please consult your healthcare professional to diagnose or treat any medical, psychological or physiological concerns. Our guides will not be holding space as therapists. If you need therapeutic support, **[booking a 1:1 session with a Nectara guide](#)** will be a more appropriate space for that kind of service.

- **Will the sessions be recorded?**

We will not be recording the Pod sessions due to the sensitive nature of the container and the information shared among participants, which can be personal and confidential.

- **What are my commitments when I enter the Pod Program?**

Everyone who joins the Pod program agrees to a general set of agreements to ensure alignment and cohesion in the group. Here is an overview of the agreements:

- I agree to attend the Pod session each week for 6 weeks if possible, stay for the entire session, and be punctual. The pod will start and end on time.
- Whenever possible, I agree to let the Pod members and/or guides know 24 hours in advance if I miss a session through direct or group message on the Circle community platform.

- I am responsible for discussing my intentions, goals, and reasons for attending. Also, I understand that no one will force me to talk or reveal difficult material before I am ready.
  - Any form of harassment, violent speech, or hate is not permitted within the group setting.
  - I agree that all cell phones and distracting technology software will be turned off during group time.
  - I agree to participate in the group sober and not under the influence of any controlled/uncontrolled substances.
  - I understand that Nectara Pods is not a therapy program nor a replacement for medical treatment or advice. I take full responsibility for any personal decisions or actions relying on the outcomes and shares of the Pod facilitator and/or members.
  - I understand that any group outcome measures or satisfaction surveys are summarized. This information can assist Nectara in improving services and evaluating programs and will only be shared with our team and your hosting guide.
  - I understand that pods need to balance the needs of individuals with the needs of the group. I will practice self-awareness, and every person will only take the agreed-upon time during the group process. If necessary, additional 1:1 is available after and during the Pods program.
- As a participant in the Pod program, your role is to share your experiences and feelings with the group in a safe and respectful manner. It is important to actively listen to other members and provide support only with consent. By participating in the Pod discussions, you can build connections and relationships with other members and contribute to the overall success of the group. Remember to respect

the ground rules established by our guides and be mindful of each member's comfort level and boundaries.

- **If I have any questions or feedback, who can I contact?**

We aim to keep improving and would love to hear your feedback. We will be asking for your input at the end of the Pod, but please email us anytime if you have additional feedback or questions along the way.

You can reach us at [hello@nectara.co](mailto:hello@nectara.co)