



Acsauhaya Retreat Agreement

Years of experience with psilocybin truffles have taught us the importance of setting clear guidelines for our participants. Psilocybin journeys can be deeply introspective, requiring careful preparation and integration. This Retreat Agreement and our Terms & Conditions aim to prepare each participant for a safe and transformative experience at Acsauhaya.

Psilocybin Truffles

Our psilocybin truffles are locally sourced from reputable manufacturers in compliance with Dutch regulations and European safety standards (EU 1881/2006). They are natural, safe, and prepared to facilitate profound healing and self-discovery. Our facilitators adjust the dosage for each participant based on their individual needs and intentions, ensuring a balanced and meaningful journey.

The Psilocybin Experience

Psilocybin truffles can create significant changes in perception, enhanced sensory awareness, and deep emotional insights. Participants may encounter feelings of euphoria, heightened awareness, or the emergence of unresolved emotions. Common physical effects may include a sense of relaxation, slight nausea, or mild bodily sensations. For first-time users, visionary effects may or may not occur; the journey is unique to each individual.

The psilocybin experience often unfolds in waves, alternating between introspection and emotional release. The substance works to unlock subconscious memories, emotions, and patterns, offering participants an opportunity for healing past traumas or blockages. This process may be emotionally and physically challenging, but it is an essential part of the healing journey.

Participation is entirely voluntary, and participants are free to ask questions or withdraw before the ceremony begins. A statement of voluntary participation will be signed prior to the first ceremony.

Acsauhaya's support & guidance

The Acsauhaya team is dedicated to providing a secure and nurturing environment throughout your retreat. Our facilitators, with extensive personal and professional experience, are deeply committed to supporting your healing journey. They will guide you during the preparation, ceremony, and integration phases with compassion and respect. Participants are required to follow all instructions to maintain safety and harmony during the retreat.

Facilitators may, at their discretion, exclude a participant from a ceremony if they believe there are risks related to the participant's physical or psychological health or if guidelines are not being followed.

Risks of Psilocybin & Exclusion Criteria

Before participating in a ceremony or retreat involving psilocybin, you will be required to complete a medical questionnaire. It is essential that you answer all questions truthfully and disclose all relevant information about your current health condition. While our team reviews each participant's health status based on the medical questionnaire and may consult a physician for advice, it is your responsibility to inform your treating physician of your intent to take psilocybin, particularly if you have specific health risks or are taking medications. For chronic conditions, discontinuing medication without medical consultation can be potentially dangerous. Always consult your physician before making any changes to prescribed medication regimens.

Working with psilocybin is not a substitute for medical, psychiatric, or psychotherapeutic treatments, although it can complement these and contribute to personal and spiritual development. If you are currently undergoing medical treatment or taking medications, you must disclose all relevant information about your health status in the medical questionnaire.

To ensure the safety and well-being of all participants, neither alcohol nor drugs are allowed at our center. Our dietary guidelines and medical screening process include clear instructions on the required abstinence from certain substances or medications before participating in our retreat. By booking one of our retreats, you agree to comply with these guidelines. If you choose not to adhere to them, we reserve the right to deny further participation in the retreat, and no fees will be refunded in such cases.

Although we do everything possible to provide a safe space for the use of psilocybin, it is important to note that the use of psilocybin involves risks. We expect each participant to familiarize themselves with these risks before booking.

Physical risks

The physical risks of psilocybin primarily arise in the presence of existing health issues or contraindications. Individuals with severe cardiovascular conditions should exercise particular caution, as psilocybin can affect blood pressure and heart rate. Additionally, psilocybin is contraindicated for use alongside antidepressants, antipsychotics, or other medications that interact with the neurotransmitter systems affected by psilocybin.

In rare cases, psilocybin may cause nausea, vomiting, or circulatory problems, particularly if taken without professional supervision. Therefore, it is critical to disclose all details of your health status to minimize potential risks.

Psychological risks

Psilocybin can present psychological challenges, especially for individuals with a history of psychiatric conditions such as schizophrenia, psychosis, bipolar disorder, or severe anxiety disorders. The use of psilocybin may increase the risk of symptom recurrence or trigger latent mental health conditions. For this reason, completing the medical questionnaire thoroughly and disclosing all relevant information is of utmost importance.

While most people perceive psilocybin as safe, it can occasionally cause psychological reactions beyond the scope of ordinary experiences. These may include paranoia, persistent anxiety, delusions, or states of confusion. Such symptoms are more common in individuals with a history of mental health conditions but can also occur in those with no apparent vulnerability. In extremely rare cases, psychological or medical intervention may be required to address the symptoms.

Nutrition and Preparation

To minimize risks, you will receive detailed preparation instructions prior to the retreat. These include dietary guidelines, such as abstaining from certain foods and substances like alcohol, caffeine, or heavy meals. These measures are intended to ensure that you are both physically and mentally well-prepared for the experience.



Acsauhaya Terms & Conditions

This agreement is between Acsauhaya (the Organizer) and You (the Participant). By booking a retreat at Acsauhaya you agree to the following:

1. The Participant agrees to take part in psilocybin ceremonies with the Organizer, is aware that psilocybin is a psychoactive substance and is clear on the meaning of this.
2. The Organizer will do their utmost to ensure the safety and comfort of the Participant, within the context of the retreat (offering support during the retreat as well as supportive tools for preparation and integration).
3. The Participant, in turn, agrees to approach the retreat with a cautious, considerate and respectful attitude towards themselves as well as to others. Disruptive behavior or overt negativity subverts the experience of others.
4. The Organizer is not liable for the injury of any Participant that may occur during or after the retreat. By participating in Organizer's retreat, and accepting these Terms & Conditions, the Participant expresses full understanding of and responsibility for the risks that may encounter during a retreat and are described in the Retreat Agreement. The Participant indemnifies the Organizer, its owners, and employees from all responsibility.
5. The Participant declares that they are in an appropriate physical and mental condition for the activities described in the Retreat Agreement, agrees to participate at their own risk.
6. Prior to entering into this Agreement, the Participant agrees to:
 - a) obtain medical advice from their medical professional as to the effect of the substance that will be ingested, especially in case of any particularities in their medical situation and with regards to the combination with any medication they might be taking.
 - b) disclose, in writing, any relevant personal information about their current health situation to the Organizer, by answering all questions in the Organizer's medical questionnaire honestly and thoroughly.



- c) notify the Organizer of any change in their medical situation and understands that withholding medical information could be dangerous to their health or could lead to the Organizer expelling them from participation in the ceremony.
 - d) consult their medical professional before abruptly discontinuing the usage of prescribed medications (for example in case of a chronic illness). The organizer is not responsible for a personal decision to stop taking medication or change their medication schedule, and accepts no liability for any adverse effects from withdrawal from any medication.
7. The Participant confirms that they have not been diagnosed with any psychotic disorder, including schizophrenia, schizophreniform, schizoaffective, delusional, or bipolar disorder.
8. The Participant commits to adhere to the dietary guidelines and required abstinence of certain substances as laid out by the Organizer, of which the most fundamental restrictions are street drugs (amphetamines, cocaine, ecstasy, LSD, marijuana), medication, (red) meat and tyramine rich products.
9. The Organizer reserves the right to:
- a) expel any individual who is:
 - I. not following the guidelines that have been laid out by the Organizer, or
 - II. disrupting the group, staff, and/or lead facilitator or acting in an excessively negative manner
 - b) physically restrain the Participant and/or expel them from the retreat in case the Participant's behavior presents a threat to the safety of themselves or others. If needed, such restraint will be conducted as gently as possible and with respect for the dignity of the Participant.
- In all such cases, the Organizer does not bear the responsibility for a refund, nor for providing accommodation outside of the retreat center.
10. The Organizer may require the Participant to take a drug or breathalyzer test prior to or during the retreat. If the Participant refuses to comply with the test, the Organizer reserves the right to deny them entry to the retreat or to expel them from the workshop immediately without the responsibility for a refund, or for providing accommodation outside of the retreat center.



11. In the case of a medical emergency during a retreat, such as an intestinal infection, broken or damaged bones, etc., the Participant will be accompanied by an Organizer's representative to a medical facility for treatment.

12. The retreat should be paid in full upon booking to guarantee a reservation. The Participant can choose to use PayPal as a payment provider or make a bank transfer. In the case of a bank transfer, the reservation will not become final until the Participant has sent a proof of payment to the Organizer.

13. In case of cancellation by the Participant:
 - a. up to 6 weeks prior to the retreat, the Participant can apply for a full refund. In the case of a refund a EUR 75,- administration fee will be deducted.
 - b. Between 6 to 2 weeks prior to the retreat, Organizer offers the possibility to reschedule to a different date, in which case a EUR 75,- administration fee will be charged. In case of full cancellation, payments will not be refundable.
 - c. Within 2 weeks prior to the retreat, payments will not be refundable and no rescheduling can be accepted, as it is impossible for the Organizer to fill the spot in such short notice.

14. Refunds will be offered via the form of payment that the Participant had chosen upon booking.

15. Should a Participant decide to leave during the retreat, the Organizer is not responsible for the reimbursement of any funds.