

Mountain Therapy Retreat Guidelines & information

1.

We prioritize comfort and safety of our guests. All facilitators are available 24/7 during your stay and can be found in Casa Grande during your stay in Rancho Danza Del Sol.

Health history assessment along with thorough intake and follow through of each participant will be accounted for before and after the retreat. This will ensure we have all the information needed to support you.

2.

This is an n/a retreat meaning no alcohol is allowed. This will support our grounding energy and wellness integration keeping us focused.

3.

We'd like to ask guests to avoid any behavior that may cause disturbance to other guests, (especially in shared spaces) such as loud music or excessive noise/ conversations after-hours.

4.

This is an animal sanctuary with many rescue dogs on the property. They are allowed to accompany you to the beach if you'd like. Please be kind to all the animals, they are all very sweet and gentle.

5.

We strive to provide an inclusive and welcoming environment for everyone attending. Discrimination or harassment of any kind won't be tolerated.

This is a coed retreat open to all genders and couples. LGBTQ friendly. Female led program directors. All are welcome; although I will be honest that 100% of attendees who sign up are women. I anticipate this 2024 Día de Los Muertos will be all ladies attending as well.

6.

The ceremony dose is 1.2G total. If you need a different dose or choose not to partake please talk to Ms. Tiffany. We can always offer an alternative cacao or elixir so you can participate in ceremony without taking the medicine. Your facilitators will not be taking any plant medicine for your ceremony. We will hold space and serve as guides should you need anything throughout your medicine journey.

7.

Post ceremony Integration is key for consistent support after your retreat. It is your responsibility to continue using tools and surrounding community in the following weeks.

One 1hr massage with Ms. Tiffany is included with your retreat package along with one months supply of microdosing capsules + journal to keep track of your schedule and feedback.

Thank you for being here! We appreciate your cooperation in helping us maintain a welcoming and enjoyable atmosphere for all of us.

