

The Journey

A deep dive retreat exploring the healing
power of expanded states of consciousness

1st - 6th December 2025

Costa Rica

With Deborah Maloney-Marsden
& Phoebe Sullivan



Join us, deep in the heart of the Costa-Rican Jungle, at the stunning luxury eco-retreat Selva Armonia.

This five night retreat is an invitation to journey together as a group, to inquire, to explore, to expand, and to heal; working intimately and intricately with expanded-states through breathwork, plant medicine and deep psychotherapeutic journeying.

This is a deep dive.

To explore the intimate space of your soul's essence. To clear and shed the layers of limiting beliefs and shame that restrict you from expressing in your fullness and Truth.

Debora and Phoebe are both highly skilled transpersonal psychotherapists that have traversed both their inner landscapes, and journeyed to the edges with expanded states. You will be held: emotionally, energetically in absolute love, safety and integrity.

A woman with blonde hair is shown in profile, looking towards the right. She is wearing a dark quilted jacket over a black top and a patterned shawl with black and white stripes and leopard print. Her hand, with blue nail polish, is visible at the bottom. The background is a vibrant sunset over a mountain range, with a vertical split between the dark foreground and the bright sky.

ACTIVATING
PURPOSE

HEALING
BEYOND
TRAUMA

CELEBRATING
AND EMBODYING
YOUR ESSENCE



OUR PILLARS:

INITIATION

REBIRTH

INCARNATION

INSIGHT





DAY ONE: ARRIVAL

Welcome.


Today we open our portal, to connect to each other, to connect to the land, and intentionally open The Journey together. Today is the day for landing, enjoying the surrounding beauty and calling your energy into our exquisite venue that will be home for the next days.

We will build the altar in our sacred space, give offerings to the land and set our intentions for what is to come.

Welcome welcome welcome.

*“I am here,
I am here,
I am here...”*

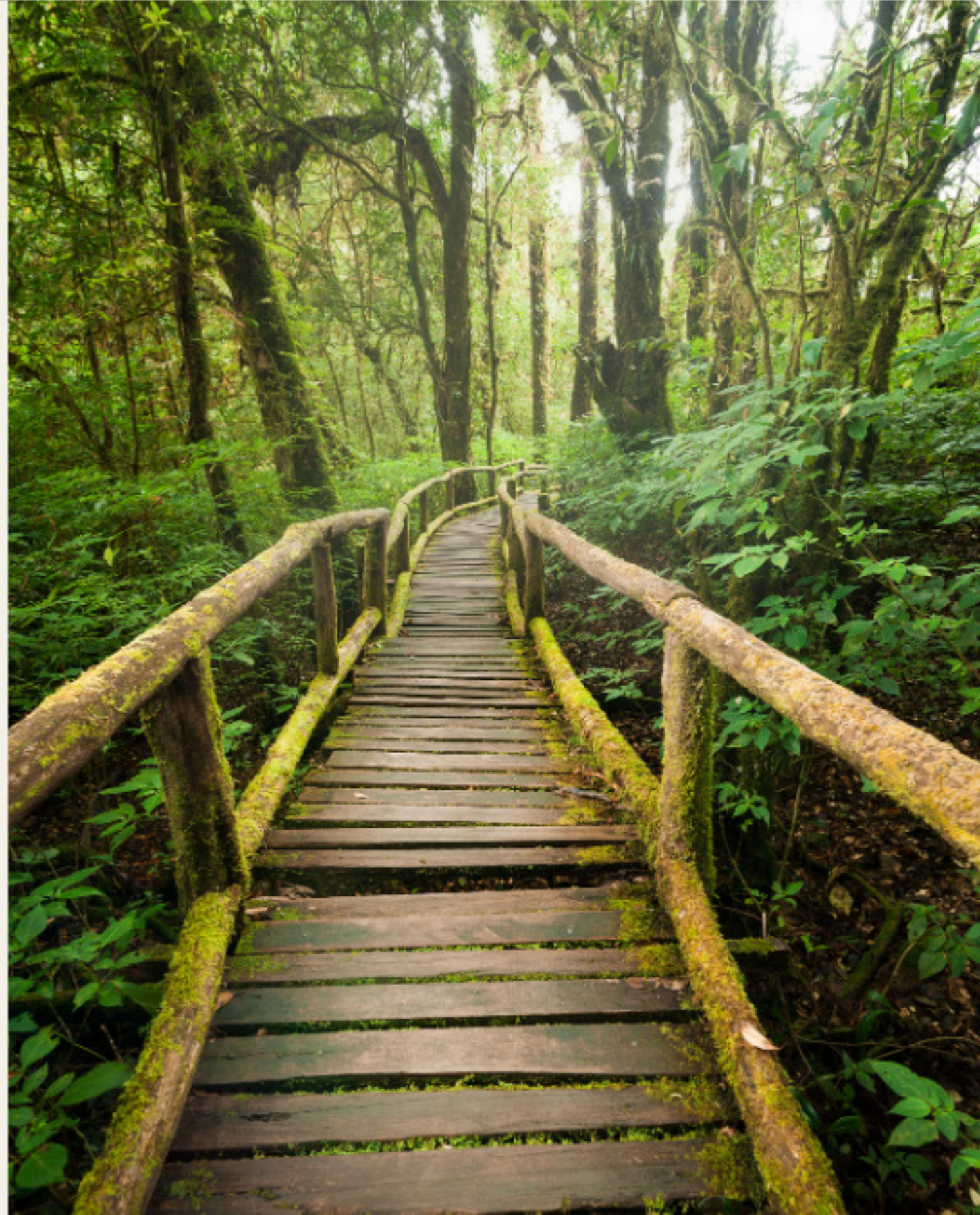




*“Life is the
deepest
initiation
our soul
chooses”*

DAY TWO: INITIATION

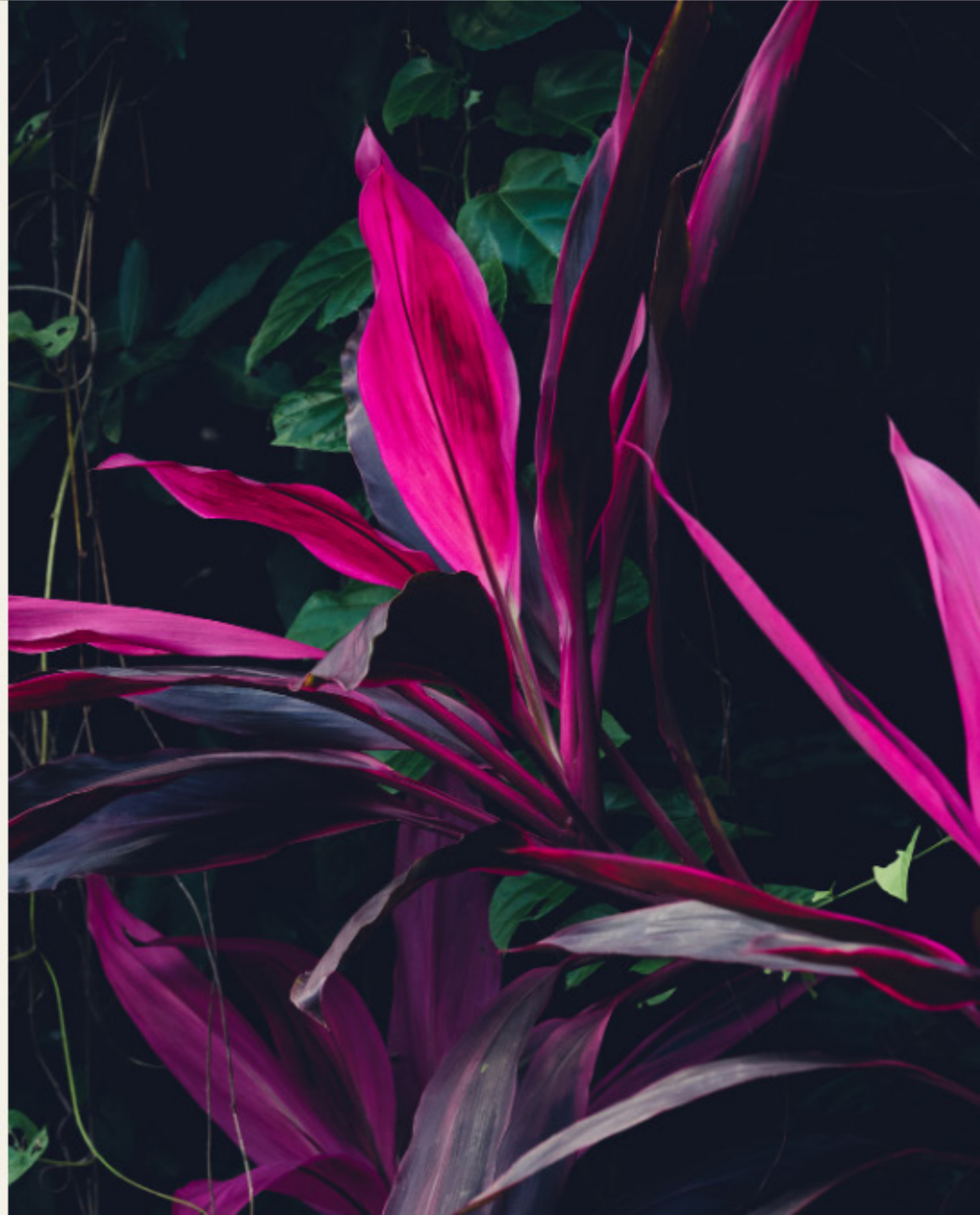
Life is the deepest initiation our soul chooses- it is in fact a series of initiations. Each trial, each trauma, beckons us towards growth- if we let it. This process begins at birth. Through therapeutic ritual and deep inner work we will explore coming into right relationship with initiatory energies that brought us here and earthbound, to heal the wounding and step bolder into the initiation of what it means to be you in this life.

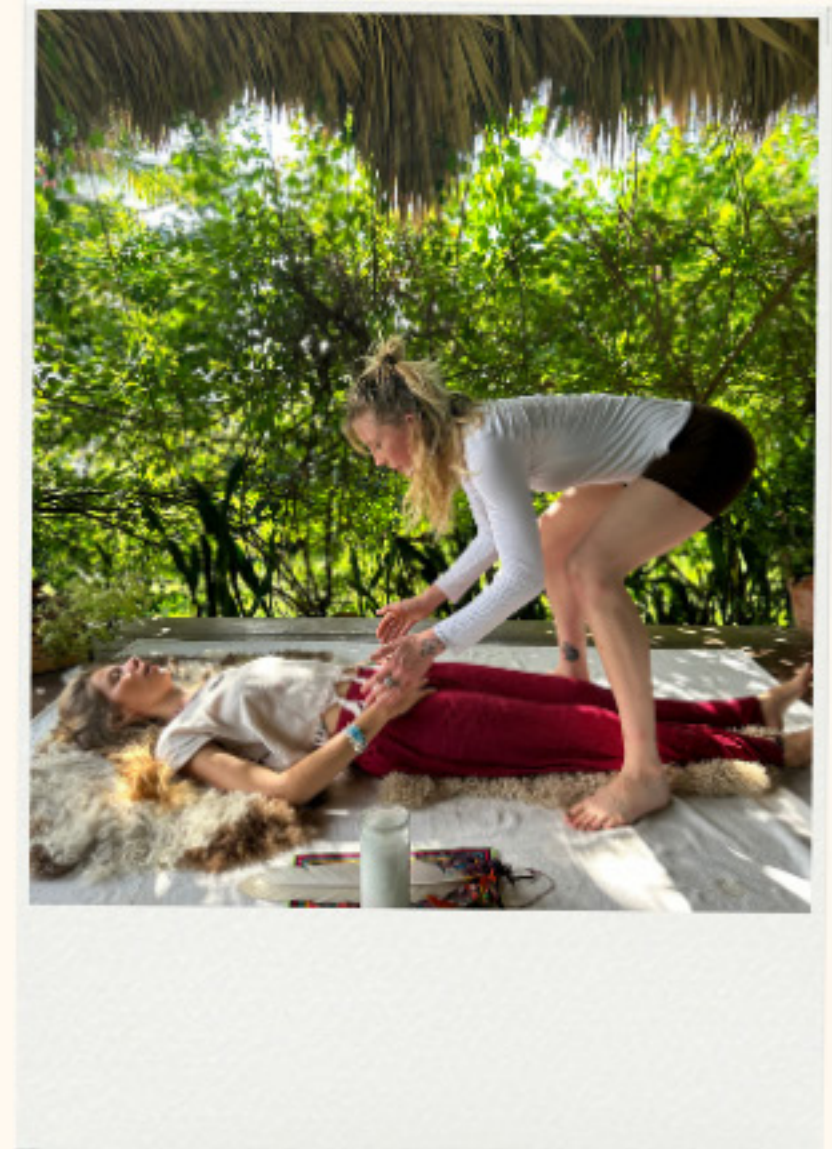




DAY THREE: REBIRTH

Preparing ourselves to journey deeper with the support of the sacred mushrooms, the ceremony will be an opportunity to actively and intentionally participate in the cycles of birth, life, death and ultimately rebirth, so that all that is no longer of service can be shed, and all that is essential and True can be revitalised and reborn. Who are you in that essence? This is an invitation to journey down the birth canal of your becoming and being- without the shame, trauma and wounding.





DAY FOUR: INCARNATION

And after the rebirth... We rise... What are you rising into? What are you here to do? Who are you here to be? What does the whisper of your heart tell you? What sets your soul on fire? Today we fan the flames of your incarnating into your most vibrant essential Self, through deep psychotherapeutic work, shamanic imaginal dreaming and ritualised group process. We welcome you at your fullest expression. We see you in your highest and brightest- no “too-muchness/not-enoughness”. We celebrate the emergence of your unique blueprint.





DAY FIVE : INSIGHT

Beyond integration... What does it mean to plant the seeds of this journey in the fertile soil of this new being that is you?

The being beyond restrictive thought forms and destructive patterns. The being that trusts Self and Life deeply. The being that is both at once grounded and connected. What are your unique instructions? How can you carry these forth, living your truth beyond our container with Joy, Purpose and Passion?

Through journeying, self inquiry and breath codes we will bridge the energetic and the embodied so that you can carry these insights forth.

*“Weaving
the wisdom
into our
very being”*





*“Moving
beyond,
carrying our
unique
medicine home”*

DAY SIX: CELEBRATION & DEPARTURE

We close our space with gratitude, joy and a frequency of celebration. The culmination of our Journey together will close with a deep honouring of each other, the land, and all that has been moved through.

Congratulations!

Now is the time to bask in the joy of the work, to taste the fruits of our labour and to celebrate all that we are, all that it is to be here, to be human.





CONSCIOUS
CONNECTED
BREATHWORK
SACRED MUSHROOM
MEDICINE
CEREMONY
SOMATIC WORK
NERVOUS SYSTEM
REGULATION AND
EXPLORATION
BREATH CODES
GROUP PROCESS
PSYCHOTHERAPETIC
WORK
SOUL BLUEPRINT
INQUIRY
THERAPEUTIC
RITUALS
ENERGETIC
ACTIVATIONS
INNER CHILD WORK
SHADOW WORK
PSYCHE
EXPLORATION
EMOTIONAL AND
TRAUMA
INTEGRATION
SPIRITUAL
EXPLORATION
INTEGRATION &
CONNECTION



You will be held in unconditional love



by Transpersonal Psychotherapists, Debora & Phoebe



MEET PHOEBE

Phoebe is a highly skilled psychotherapist and space holder who's rich experience both personally and professionally through healing with expanded states of consciousness, enables a breadth and depth to her vision. Leading with a bold heart and listening deeply, her work flows between the spiritual and the psychological, the intuitive and the informed, the shamanic and the somatic; with her feet in "both worlds" she holds powerful space and creates both safe and sacred containers for individuals to journey.

She works as a psychotherapist in private practise, as a psychedelic guide on the clinical trials at Imperial College in London, holds both one-to-one and large group breathwork ceremonies and runs retreats around the world. Her hope and prayer as a space holder is to guide and support you to tap back into your centre, to reconnect your deepest wisdom & intelligence that knows exactly what you need, both for your healing, and your thriving. Her own experience through altered-states ignited her fascination with, and deep trust in expanded-states of consciousness, and how these can be harnessed for healing. This underpins all of the work she does.





MEET DEBORA

Deborah is a leading transpersonal psychotherapist, breathwork facilitator, coach, supervisor, group therapist, and way-shower.

With over 15 years of experience working experientially with clients and groups, Deborah holds space for deep, transformative inner work. She believes that before we travel into the unseen, we must be anchored—resourced in the body, rooted in the self, and able to meet what arises with presence.

Deborah is the creator of The Path Home, a journey of psychological and spiritual depth, guiding participants through breathwork, movement, group process, and inner inquiry. Her work with altered states is grounded in extensive training, and she is known for holding powerful spaces that bridge the personal and the collective—supporting individual healing while pointing toward systemic and cultural transformation. She works from the bottom up and the inside out. Her sessions are not formulaic—they are alive, emergent, and deeply embodied. This is work that includes the nervous system, the soul, the unconscious, and the relational field. Deborah's own journey led her through the depths of humanity—and this is where she is most at home journeying with others. She believes that when we meet ourselves fully, we not only come home to who we are, we begin to change the world around us.





OUR VENUE

Selva Armonia is an exquisite luxury eco-retreat nestled in the heart of the Costa Rican jungle, with view of the South Pacific Ocean.

Enjoy the fresh scent of Ylang-Ylang arising from the gardens which grow the delicious food that will make up our organic plant-based meals. Rest and restore in exquisite luxury accommodation, or relax by the pool with an organic smoothie from the elixir bar overlooking the tropical jungle.

ECO
JUNGLE
LUXURY

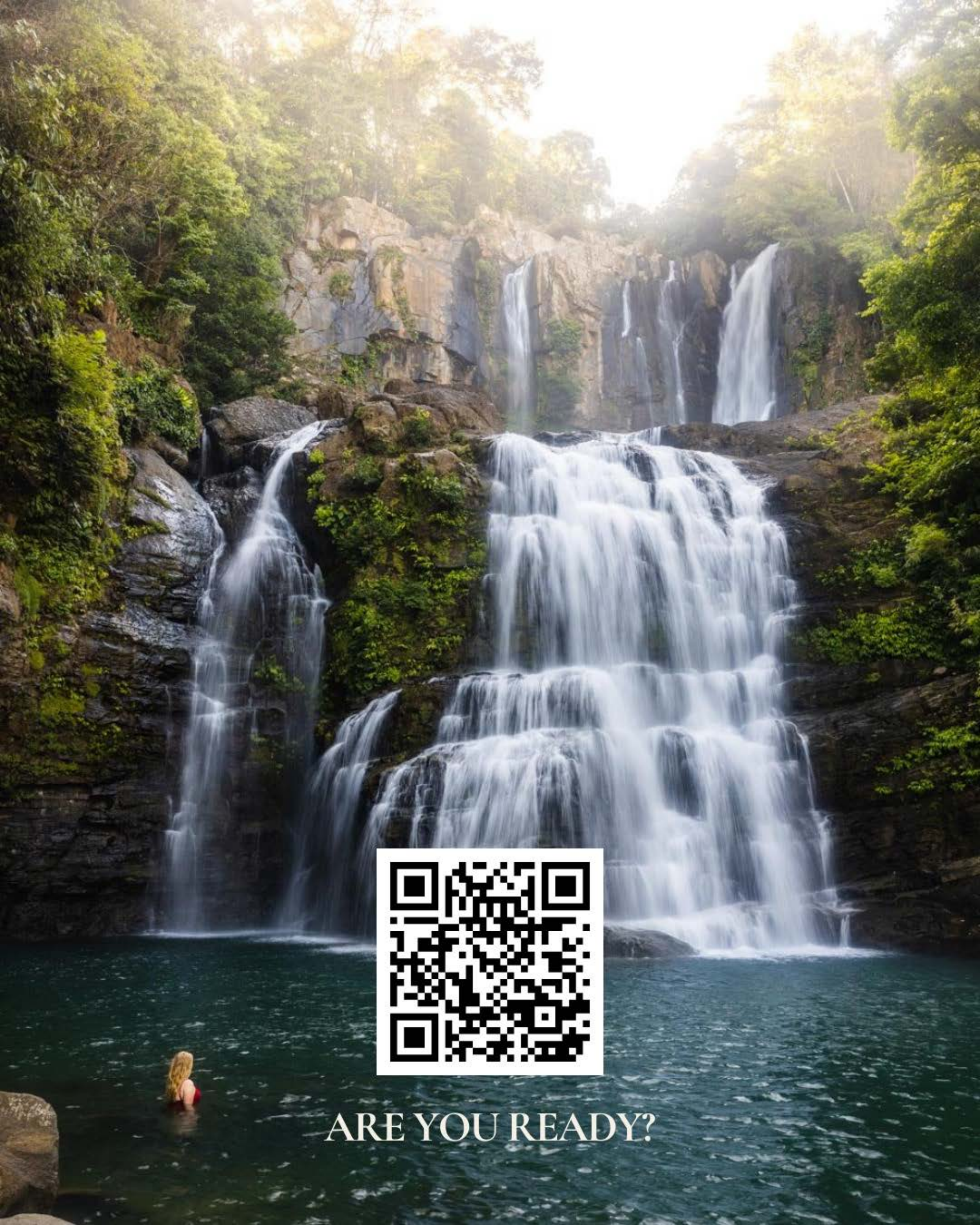






ITS TIME TO GO DEEPER





ARE YOU READY?