

Itinerary

Sunday - Arrival

Welcome A celebration of you making the time and space for your own healing. A moment to learn about the others embarking on this journey with you. An embrace from your care team of medical and trauma informed professionals.

Dinner Buffet dinner with authentic Jamaica and upscale American dishes. Live music accompaniment.



Monday - Medicine

Sunrise Yoga An optional yoga oceanside practice eases you into your first treatment day.

Breakfast A light breakfast with an emphasis on fresh local fruits will sustain you for your first day

Initial Intake A licensed medical professional will take your vital statistics and confirm your physical fitness for the program. There will be the time to review your goals for the program and any prior experience you may have had with psychedelics. This will also be an opportunity to freely ask any questions you may have.

Medicine An initial low dose of the psilocybin medicine will be administered so that you can gently get used to the effects and we can devise the correct potency levels required for your treatment

Snacks During your treatment there will likely be reduced desire to eat. Your guides will make sure you have access to a variety of health snacks, smoothies and treats throughout the day.

Dinner When ready, a la carte dinner options will be available from our onsite restaurant until 10pm. Cold meals and snacks can also be preordered for pickup between 10pm and midnight.

Tuesday - Integration

Breakfast

Integration As a group we will review initial experiences with the medicine and discuss the best ways that you can use the neuroplasticity that your treatment will afford.

Lunch/optional excursion Bamboo Rafting with offsite picnic. For those not participating in the excursion, lunch and poolside refreshments are available throughout the day.

Dinner A la carte dinner with authentic Jamaica and upscale american dishes.

Wednesday - Medicine

Morning Gratitude Practice Grounded in our gardens, we watch as the day comes to life and find gratitude for being guided to this place and time.

Breakfast

Quiet Time & Meditation A time for you to gather your intentions and gently quiet your mind.

Medicine An opportunity to experience a higher dose of medicine with specific intentionality to your goals.

Snacks

Sunset Beach Firepit As you ease back from your treatment we will provide opportunity to watch the flames dancing in our fire pit as the sunset takes hold over the ocean.

Dinner

Thursday - Integration

Sunrise Yoga An optional sunrise yoga oceanside practice eases you into your first treatment day.

Breakfast

Integration An individual integration with discussion around your individual healing.

Lunch/optional excursion For those wanting the stimulation of the local port town of Ocho Rios or a day at a private offsite beach, transportation will be provided for you to explore the local area. Lunch available at the resort.

Integration Meditation An optional meditation to check in with the progress and where that rests in both your body and mind.

Dinner

Beach Drum Circle Group rhythmic drumming on our private oceanside beach. No experience required!

Friday - Medicine

Morning Gratitude Practice Grounded in our gardens, we watch as the day comes to life and find gratitude for being guided to this place and time.

Breakfast

Medicine A refined experience guided by your progress in the retreat, allowing a full opening of your neuroplastic potential.

Snacks

Dinner

Saturday - Integration

Breakfast

Integration A final individual session for guidance on your ongoing journey, helping you to curate lasting peace and sustained healing and growth.

Lunch

Dinner

Sunday - Departure

A warm send off from Morgan's Cliff as your new life journey continues.



MORGAN'S CLIFF