FRANCESCO CARCÓ

Retreat 8th – 11th January 2025

Samaya, Netherlands

A Sacred Journey of Self-Exploration
4-Day Residential Retreat

Step into the heart of the Netherlands, where the ancient medicine of psilocybin can be experienced in a safe, legal, and beautifully held space. This retreat is an invitation to go beyond the ordinary, to awaken the vast landscapes of your psyche and spirit, and to rediscover the essence of who you truly are.

Over the course of four transformative days, you will be professionally guided by an experienced facilitation team who will walk beside you every step of the way. Within this safe container, you will embark on two sacred psilocybin journeys, each carefully supported to open the door to profound healing, insight, and renewal.

To deepen the process, you will also take part in three powerful therapeutic sessions, offering the opportunity to release long-held traumas and emotional burdens, creating space for clarity, peace, and wholeness.

During the retreat, we hold daily integration circles and embodied practices. Afterwards, you will receive ongoing support through:

- One post-retreat online integration session
- A dedicated private online group for continued sharing and connection
- Access to integration materials to help ground your experience

Who is this retreat for?

- **Genuine Call:** This retreat is designed for individuals feeling a genuine call toward healing, inner discovery, or spiritual awakening.
- **Safe Environment:** The retreat provides a secure, organized, and potent space to facilitate profound personal transformation.
- **Comprehensive Screening:** Every participant undergoes thorough medical and psychological evaluations to confirm safety and preparedness.

Integration weaves it all together. With guidance both during and after the retreat, the wisdom you receive is gently anchored into your daily life, allowing breakthroughs to blossom into lasting transformation.

This is more than a retreat. It is a rite of passage. A sacred journey home to yourself.

Retreat Structure: The 4-Day Journey

DAY 1 – ARRIVAL & OPENING

- Arrival at Samaya via shuttle bus or taxi by 12pm
- Lunch
- Opening Ceremony
- Group orientation & preparation
- Gentle evening practice (music, yoga, etc.)

DAY 2 – PSILOCYBIN SESSION

- Psilocybin session - 8am to 1pm
- Lunch 2pm
- Rest 2hrs
- Afternoon group integration from 5 to 7pm
- Dinner 7pm
- Optional gentle evening activity

DAY 3 – PSILOCYBIN SESSION

- Psilocybin session - 8am to 1pm
- Lunch 2pm
- Rest 2hrs
- Afternoon group integration from 5 to 7pm
- Dinner 7pm
- Optional gentle evening activity

DAY 4 – COMPLETION & DEPARTURE

- Breakfast 9am
- Final sharing circle 10am to 12 pm
- Closing ceremony
- Lunch
- Departure

3 x Therapy sessions – Psilocybin Retreat & Integration

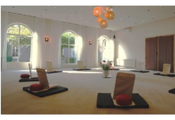
This is our standard Practice

Your journey does not begin or end with the retreat itself. In the weeks before, you will take part in three therapeutic sessions designed to bring clarity to the mind, release the emotional weight of past events, and prepare your inner world for the medicine. Around three weeks prior, you will also receive personalized guidance to refine your diet and gently prepare your body, creating the best possible conditions for the medicine to work in harmony with you.

The psilocybin experience can bring profound insights, emotional breakthroughs, and deep healing. But without integration, those insights can fade into memory. For this reason, integration is at the heart of our work.

The Retreat Space

Our venue, set in the peaceful Dutch countryside, offers the perfect sanctuary for this work. Surrounded by nature, the centre provides comfortable private rooms, nourishing meals, and beautiful spaces for group work, ceremony, and quiet reflection. The environment itself becomes part of the healing.



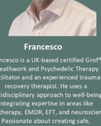
Senior Facilitators

Our retreats are guided by a dedicated team of highly trained professionals who bring together decades of experience in therapeutic work, expanded states of consciousness, and holistic healing. We believe that the presence and care of facilitators is just as important as the practices themselves, which is why each retreat is designed to offer both safety and depth in equal measures. Both Amanda and Francesco are certified Grof Legacy Training facilitators in Breathwork and Psychedelic Therapy, with additional backgrounds in trauma recovery, somatic practices, and integration coaching. Having trained within the GLT Nordic Faculty and collaborated internationally with a wide network of practitioners, they share a commitment to creating safe, compassionate, and transformative environments for every participant. Together they have complementary skills:

- Trauma-informed care – a grounding in neuroscience, psychology, and somatic therapy ensures participants are supported with sensitivity and expertise.
- Deep experience with non-ordinary states of consciousness – through Grof Breathwork, psychedelic facilitation, and body-mind approaches.
- Integration guidance – helping you anchor your insights and experiences into daily life long after the retreat.
- This retreat is not just about techniques, but about being truly accompanied on your journey. Each facilitator has walked their own path of transformation and brings that lived understanding into the space they hold for others.

Amanda

Amanda, from Chile, is a certified Grof® Breathwork and Psychedelic Therapy Facilitator guiding self-discovery and healing. Her background in Buddhist practices, yoga, and South American indigenous medicine informs her work. She specializes in Conscious Fasting, Holotropic Breathwork, and Psychedelic Therapy for personal growth.



Francesco

Francesco is a UK-based certified Grof® Breathwork and Psychedelic Therapy Facilitator and an experienced trauma recovery therapist. He uses a multidisciplinary approach to well-being, integrating expertise in areas like hypnotherapy, EMDR, EFT, and neuroscience. Passionate about creating safe, transformative spaces, he helps participants release trauma and reconnect with their deeper selves.

What's Included

- 3 Therapy Sessions prior to the retreat
- Group guidance on preparatory diet
- 4 days / 3 nights full-board accommodation
- 2 psilocybin sessions in a supportive ceremonial setting
- All group sessions, integration circles, and embodied practices
- Pre-retreat call and online information session
- Post-retreat online group integration session
- Optional individual integration session if required
- Access to integration resources and community support group

Therapy & Retreat Cost

Early Bird (available until 10th Nov):
£3,000 for a private en-suite room

Standard Price (afterwards):
£3,500 for a private en-suite room

The existing clients' Early Bird price is £2,400.
The existing clients' Standard Price after the 10th of Nov is £2,900

Application Form

Francesco Carco, 7 Suffolk Road, Maidenhead, Berkshire

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