



# 3-DAY- VITALITY-ALCHEMY

1:1 GUIDED  
MINI RETREAT



# MEET YOUR FACILITATOR

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**NIKKI ASTARA**

@NurseNikkis\_PlantMedicine

Nikki has been a critical care nurse for over a decade caring for patients during their most vulnerable moments with a loving and nurturing heart. She also practices as a medical herbalist, guiding her clients on their journey towards increased vitality and wellness through the use of nutrition, herbal medicines, and lifestyle changes.

Nikki understands that healing occurs not only in the physical and emotional bodies, but within the spiritual body as well. She is a devoted spiritual practitioner and advocate for all her clients to cultivate a connection with the divine and the beautiful planet we are a part of. Her background as a nurse allows her to effectively integrate the practical and scientific as well as the power of the spiritual and energetic approaches.

She is driven by the desire to see everyone of us to live in a more beautiful world that our hearts know is possible. She has a deep knowing that through the alchemy of plant and fungi medicines, we can move towards wholeness and make this vision a reality.

# WHO IS THIS FOR?

This custom tailored 1:1 guided journey is for you if...



**You are feeling spiritually disconnected:**

You find it difficult to surrender and trust the current of life, leaving you with a sense of flailing in the chaos. You feel disconnected with yourself, your relationships, and/or higher power, leaving you craving a desire for cultivating or deepening a spiritual connection.



**You're experiencing struggles with your mental wellness:**

You experience bouts of anxiety, depression, or just noticing you're feeling emotionally "low" due to feeling dissatisfied or stuck in life. This may be leaving you with a sense of loneliness, isolation and helplessness, like, "How am I going to get out of this?"



**You feel a lack of balance and vitality:**

Feeling down about life, lacking vitality, and feeling stuck with a sense of imbalance, overworked, and lacking energy to engage in activities you love, contributing to feelings of numbness. Overall just missing the sparkle of life that you know is possible.



**You feel disembodied:**

You live mostly in your head and make decisions in your life based only in logic and overly analyzing things at a cognitive level. You may forget to check in with the wisdom of your body or haven't developed a practice in doing so.



# OUTCOMES OF THE JOURNEY:

- You will develop a deeper connection with self that can allow you to hear, listen, and trust your body and intuition.
- You may experience profound feelings of love and bliss that create new neural pathways and ways of being.
- You may feel profound forgiveness and compassion for yourself and others in your life that allow freedom from judgement.
- You will have the opportunity to bring awareness to old, outdated behavioral patterns and distorted conditioning that no longer serves your well being.
- You will develop a newfound awareness and ability to process traumatic experience from a more empowered perspective allowing you to more quickly move through moments and areas where you feel stuck
- You may feel a deeper connection with the planet and the cosmos leaving you with a sense of awe for this beautiful life you get to experience.
- You will experience a more embodied state of being that will allow you to increase your overall state of wellness and vitality.
- You may receive more clarity for the life that you dream of living and feel into ways to move towards a life of more play, adventure, and freedom.

# WHAT'S INCLUDED?

- 1 x Mushroom ceremony with gifted medicine
- 1 x Cannabis assisted psychedelic ceremony with gifted medicine
- 1 x Cannabis assisted breath work psychedelic ceremony
- 2 x Hour-long integration sessions post journey to assist in assimilation of the new information received
- 1 x Full safety assessment and medication review
- 1 x Preparation and Intention setting session
- 1 x Personalized herbal and mushroom tea to bring in the wisdom and energetics of herbal plant medicines
- 3 x Curated musical playlists for a profound, explorative journey through your consciousness
- Invaluable teaching about mindfulness tools to assist you in making the most out of your psychedelic journey...and LIFE!
- Mentorship on how to set yourself up for future solo cannabis journeys, including how to create your own ceremonial blend





# ABOUT OUR JOURNEY TOGETHER

- **DAY 2: MUSHROOM CEREMONY**

This is a 6-8 hour ceremony that includes intuitive herbal tea, discussions of intentions, meditation, and some healthy grounding food at the end of the journey.

- **DAY 3: CANNABIS INTEGRATION SESSION**

Guided cannabis ceremony to assist with the integration period. This also allows to tie up anything that feels “unfinished”.

- **2 WEEKS PRIOR TO START OF CEREMONIES:**

Hour long zoom preparation and Intention setting session. You will also be receiving preparation PDFs.

- **DAY 1: CANNABIS PREPARATION SESSION**

Guided cannabis breathwork ceremony to somatically release and prime the body, mind, and spirit for day 2.



- **1 WEEK POST JOURNEY:**

We will have our first hour long integration session to assist you in making or maintaining the changes that feed your vitality.

- **2 WEEKS POST JOURNEY:**

We will have an additional integration session, discussing tools and practices to continue on the path of healing. These sessions are also intended to help with accountability and commitments to self.



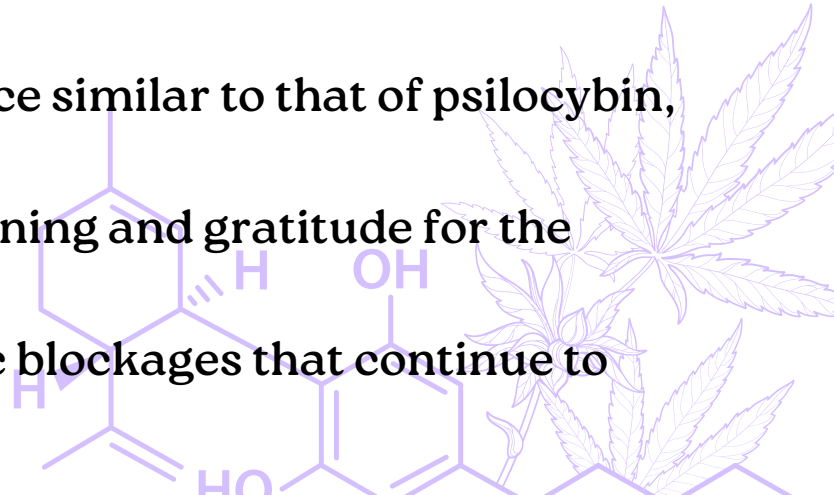
# PLANT & FUNGI ALLIES

## CANNABIS

Cannabis contains a concentration of medicinal plant constituents including, more than a hundred cannabinoids and terpenes. The medicinal benefits continue to be studied, but it not well known for its psychedelic properties. When cannabis is worked with as a safe and sacred medicinal tool, it may support us in many healing processes such as: turning inward, resolving tensions stored deep within the body, tracking inner sensations and releasing traumas from the nervous system.

### Clients often report:

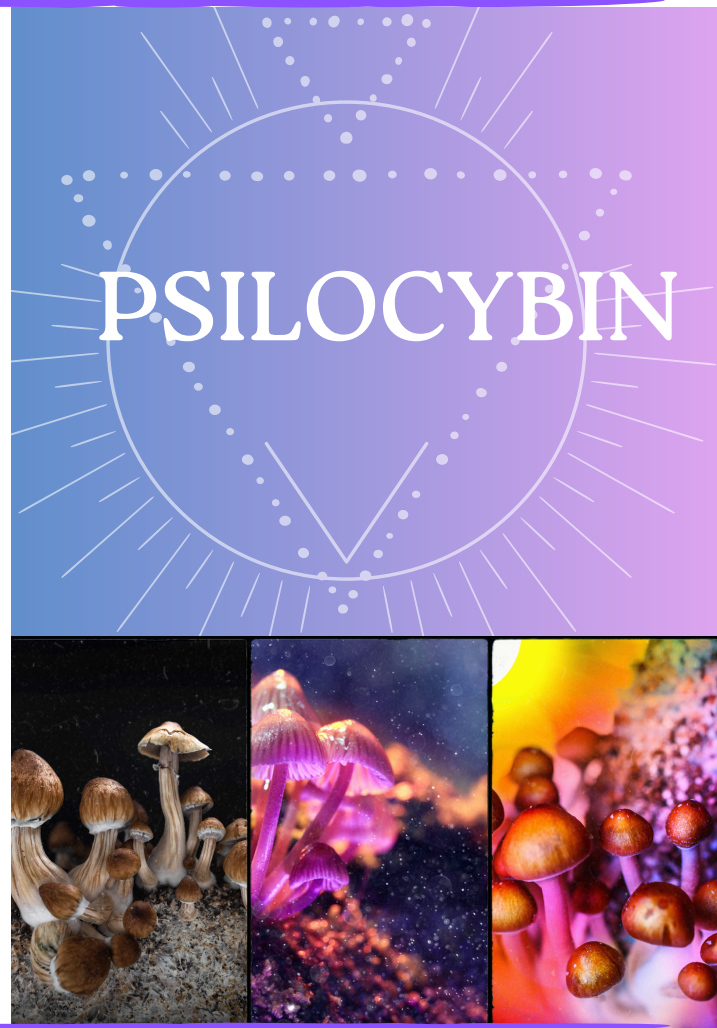
- A feeling of extraordinary presence with a sense of agency and deep connection to inner wisdom and guidance
- Extreme body awareness often accompanied by profound somatic releases of tension and trauma
- A connection with the sacred, deeply meaningful and transcendent
- A highly psychedelic experience similar to that of psilocybin, ayahuasca, and even DMT
- Immense feelings of heart opening and gratitude for the abundance of life
- An understanding of energetic blockages that continue to dampen vitality





# PLANT AND FUNGI ALLIES

Psilocybin is naturally produced by more than 200 species of basidiomycetes fungi, collectively known as psilocybin mushrooms. These mushrooms come in all shapes and sizes and are found around the world. Psilocybin has been used in religious and healing rituals for thousands of years and was once referred to as “flesh of the gods” by the aztec indians in the 1500s. In more recent times, mushrooms have made an appearance in the western world as an incredible healing tool for our increasing mental health crisis in our modern society.



## What the studies are showing:

- Two doses of psilocybin reduces major depressive symptoms for at least one month and may be effective for up to a year
- Psilocybin eases existential anxiety in cancer patients
- “Magic mushrooms” help long time smokers quit
- Psilocybin has been found to reduce the symptoms of Obsessive-Compulsive-Disorder (OCD)
- Alcohol Use Disorder greatly improved after one psilocybin treatment
- Anecdotal reports of psilocybin aiding and easing the stress of big life transitions





# ADDITIONAL SUPPORTIVE OPTIONS:

## Pre-Ceremony Additional Support

Optimize your body, your temple, through nutrition and herbal medicine with a full intake assessment and therapeutic plan 3-4 weeks prior to 3-day ceremony.

Personalized herbal tea or tincture formula for emotional and/or physical optimization.



## Post-Ceremony Additional Support

2X additional hour-long integration sessions at 3 and 4 weeks post journey.

Additional 1:1 guided cannabis assisted psychedelic session for continues growth and exploration..

Psilocybin microdose guidance and protocol

Invitation to join future group ceremonies with discount.

**With love from my heart to yours,  
Nikki Astara - AKA Nurse Nikki**

