BMED GLOBAL

Psilocybin Retreat for Inner Transformation

19–21 March 2027 · The Netherlands

Three-day residential retreat · Held in English

What is the retreat about?

Sometimes we feel as though we're going through the motions, low on energy or disconnected from what used to make us feel alive. An old hurt may still shape our relationships, or we may find ourselves falling back into a pattern that no longer serves us. At other times, we're simply curious to understand ourselves better and explore new ways of living.

At BMed Global, we invite you to take a break in nature. There'll be time to walk, sit in silence, tune in to your body and connect with others. The retreat brings together **meditation, somatic practices, conscious breathing, music and creative expression**, alongside a guided experience with psilocybin truffles.

Spending time with the group is part of the retreat. Hearing someone else's story can help us recognise something of our own. You can share at your own pace and ask for support when you need it. That support begins with preparation and continues through integration after you return home.

Who is it for?

The retreat is for people who want to deepen their personal exploration, better understand their emotions and relationships, or reflect on how they relate to themselves and others. In the introductory conversation, we'll talk about your expectations and circumstances and consider together whether the retreat is right for you at this point in your life.

Early Bird · €1,350

For bookings made before 20 January 2027

Standard rate · €1,700

From 20 January 2027

The process, step by step

1. **Contact form**

   Share your contact details and briefly tell us what draws you to the retreat. We'll get in touch to arrange an introductory conversation.

2. **One-to-one conversation · 1 hour**

   We get to know you, talk about your intentions and needs, and answer your questions. Together, we consider whether the retreat is a good fit for you right now.

3. **Preparation · Two 2-hour group sessions**

   We clarify our intentions, explore ways to navigate moments of emotional intensity, and begin getting to know one another before the retreat.

4. **In-person retreat · 3 days**

   We gather in nature. Somatic practices, meditation, music and creative expression support personal exploration alongside a guided experience with psilocybin truffles.

5. **Integration · One 1-hour individual session and one 2-hour group session**

   We meet again to reflect on what you experienced and find ways to bring it into daily life. That might mean having a conversation you've been putting off, setting a boundary differently, or continuing a practice that matters to you.

How to get started

If the retreat speaks to you, we invite you to start with a conversation. Tell us what you're looking for and get to know how we work before deciding whether to take part.

Request an introductory conversation | **Learn more about the retreat**