



The
**Shift Group
Retreat**

Inner Shift
INSTITUTE

THANK YOU SO MUCH FOR
YOUR INTEREST IN OUR WORK.

THIS DOCUMENT WILL COVER
MANY OF YOUR QUESTIONS.

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**If you have more questions, please check out
our [FAQ page](#) on our website.**



THE SHIFT RETREAT

Join us for a 6-day retreat in Venlo, the Netherlands, where Psilocybin and our Inner Shift Method spark deep self-discovery.

We welcome individuals looking for clarity, emotional relief, or a fresh perspective on life. Our approach helps you gain confidence, calm, and inner balance.

Enjoy a peaceful retreat house, organic meals prepared by our private chef, and leave with renewed energy, meaningful connections, and clear next steps.



EXPERIENCES FROM PARTICIPANTS

“It has been the most incredible experience. I came into the Shift Retreat feeling uncertain and a bit nervous. I knew there were things I wanted to look at more deeply, and this space made it possible to do so. The care, the attention to detail, and the supportive environment created by the team allowed me to feel safe throughout the entire process. I leave with new clarity and lightness I didn’t expect.”

WILLIAM, UK

“Attending the Shift Retreat and working with the Inner Shift Institute team has brought me a new perspective on many areas of my life. The space they create, their presence, and their depth of experience truly make a difference. What they offer goes far beyond a single retreat, it is a complete experience of inner exploration and support. I feel more aligned, grounded, and open moving forward.”

ROSIE, USA

“Incredible. The Shift Retreat has been one of the most meaningful experiences of my life. I arrived at a moment where I felt disconnected from my creativity and passion. Since attending, I feel alive again, inspired to write, and more connected to what truly matters to me. The team creates such a safe and nurturing space, which allowed me to go deeper than I thought possible. I am deeply grateful.”

DERMOT, UK

Read the full versions of these verified reviews as well as others on our [Retreat Guru](#) page. Watch the testimonials from previous retreat participants on our [YouTube channel](#).

WHO ARE WE?

Since 2018, we have been pioneers in offering guided inner work 🍄 retreats, establishing ourselves as one of the leading organizations to recognize and support the potential of these profound experiences for personal exploration and growth.

Today, we continue to lead with vision, competence, care, and a deep commitment to each individual's personal journey.

Our team includes highly experienced professionals with backgrounds in psychology, counseling, and facilitation, bringing years of expertise in working with expanded states of awareness and inner exploration. They combine strong interpersonal skills, warmth, and grounded presence, embodying the principles they share.

Many participants describe their time with us as deeply meaningful. They often speak of gaining new confidence, self-kindness, clarity, and a renewed sense of connection to life.



YOUR HOST

ALICE

Alice is an experienced facilitator, trainer, and educator who has guided over 200 personal development retreats and inner work sessions. As the founder and lead facilitator, she combines her extensive training with international experts in the field of expanded states of awareness and personal exploration to create deeply supportive experiences for participants.

Her training includes Internal Family Systems (IFS), advanced nervous system regulation, and work with experienced professionals in the field of guided inner work. She has also studied approaches that integrate both traditional wisdom and modern methods for personal growth and self-discovery.

Alice's journey began with her own process of personal growth, which allows her to bring deep empathy and understanding to those she supports.

Fluent in English and German, Alice brings particular expertise in working with individuals navigating neurodivergence, emotional overwhelm, and past family dynamics. Her warm, individualized approach has made her a trusted guide for those seeking meaningful personal insight.



THE CEREMONY LEADERS

CONSTANZA

Constanza is a highly skilled and versatile professional with a deep dedication to personal growth and inner work. Originally from Chile, she brings a rich cultural perspective to her work as a certified professional psychologist, IFS therapist, and inner journey facilitator. Constanza combines her background in psychology with a range of approaches, including shadow work, somatic techniques, and plant-based wisdom.

Her expertise includes leading group retreats, facilitating private sessions, and training new facilitators in this field. She is a certified Yoga Teacher, Reiki Master, Somatic Dance Practitioner, and Traditional Tantra Teacher, offering a fully integrative approach to inner exploration and personal development.

Constanza supports individuals seeking greater emotional clarity, balance, and connection, helping them realign with what matters most and reconnect with their natural inner resources.



JEANNE

Jeanne is a passionate and intuitive guide who combines various approaches to support individuals in reconnecting with themselves and exploring new perspectives. A French-German practitioner based in Munich, she is a certified practitioner in psychotherapy (ZfN, Munich), Clarity Breathwork, and Art Therapy, with additional training in Somatic Emotional practices and integration work. Her approach is integrative and deeply personalized, creating meaningful and supportive experiences for each participant.

As a group retreat leader, private inner journey facilitator, and trainer for facilitators, Jeanne holds safe and supportive spaces for inner exploration. Fluent in English, German, and French, she supports individuals seeking clarity, renewed energy, emotional balance, and a deeper connection to their personal path.





WHAT'S INCLUDED?

- An self paced 6h online preparation and 8h integration course with hours of premium content to help you deepen your experience.
- 2 x psilocybin sessions
- 2x micro-dosing experiences
- 5 days of emotional support, personal exploration, self-reflection & embodiment practices
- 6 nights of luxury accommodation
- 6 days of vegan/vegetarian meals & drinks (gluten free options available)
- 2 integration workshops during the retreat
- A 40-minute personal follow-up call after the retreat
- A powerful and deeply meaningful experience
- And much more

WHAT'S NOT INCLUDED?

- Flight
- Transportation costs.



RETREAT SCHEDULE

DAY 1: ARRIVAL DAY

Guests arrive at 3pm. The program begins at 4.30pm with the facilitators introducing themselves to the group. Afterwards, we'll share dinner together. In the evening, there will be a group Q&A where you can ask any questions and also hear valuable insights from others.

DAY 2: PREPARATION & LOW DOSE EXPERIENCE DAY

We'll start the day with connection practices to build warmth and trust in the group. Then we'll help you shape a clear and meaningful intention. You'll also receive guidance on how to approach the upcoming guided inner sessions, how to navigate the experience, what to expect, and how to stay open to whatever may arise. We'll explore emotional flow and gently work with any internal resistance.

There will be teachings on supportive preparatory practices, with the option to experience a light introductory session in the morning for those who wish. This offers a gentle introduction to the process.

DAY 3: GUIDED INNER JOURNEY 1

The first guided inner session will take place in the morning and will be unique for each participant. It may open new inner landscapes or offer fresh perspectives. Some experiences bring clarity, insight, and expanded awareness. Others may invite moments of emotion, reflection, or peace, whatever is ready to be explored.



DAY 4: INTEGRATION DAY

The day begins with optional bodywork and a sharing circle, where participants can reflect on their experiences with the group and facilitators. For those who prefer, one-on-one sharing is available instead.

In the afternoon, each person will have a personal 50-minute reflection session with a facilitator to continue exploring insights and perspectives. The rest of the day offers space to rest, enjoy a massage, take a walk, or quietly reflect.

DAY 5: GUIDED INNER JOURNEY 2

Our second journey takes place on this day, again in the morning lasting for anywhere from 4 to 6 or 7 hours.

DAY 6: INTEGRATION DAY

On this day, we focus on bringing insights into daily life. Together, we explore how to translate personal discoveries into practical, meaningful steps. Each person creates an individual plan to help apply these insights at home with clarity and confidence.

DAY 7: DEPARTURE DAY

Breakfast and closing circle. The Retreat ends at 10.00am after breakfast and closing circle.

FOLLOW UP

2 Weeks after the retreat you will be provided with a 45 minute online call where we connect to see how you are doing since the experience and offer support and guidance where it may be needed.

OUR RETREAT HOUSE

The Shift Retreat will take place in The Netherlands. Only a 2 hour train ride away from Amsterdam or a 1 hour ride from Duesseldorf, we find our retreat venue. We have chosen a place of tranquility surrounded by peaceful nature – a location that will guide us to a place of tranquility within ourselves.

COMFORT, SERENITY, PRIVACY, PEACE

The retreat is held in a beautiful private home, offering comfortable accommodations and amenities designed to support your personal journey throughout the week.

We will enjoy luxurious bedrooms with ensuite bathrooms, the delicious and very healthy food and our own private hot tub to detox and release in.

The Shift Retreat combines comfort, nature, and guided inner exploration to create a week of renewal and personal growth.





OUR ALL-INCLUSIVE COSTS ARE

€4800 for a spot in a shared double room with ensuite bathroom

€6400 for a private room with ensuite bathroom

WHAT TO EXPECT?

Insight

Our retreat invites you to reconnect with nature. Through carefully guided inner work, the power of the plants and the Inner Shift Method, participants often report gaining new perspectives and experiencing surprising insights that support personal growth and inner clarity.

Clarity Through Depth

The Inner Shift Method allows for deeper self-reflection, helping you uncover personal insights that strengthen self-trust, intuitive knowing, and understanding of your own patterns.

Transformational Change

This retreat is a pivotal moment, not just a pause from the routine. It's about realizing the reasons behind feeling stuck and learning the strategies for meaningful progression. Embracing this shift means leaving behind old patterns and moving confidently towards a brighter future.

Lifelong Friendships

Find likeminded people, who just like you, long for something more real. We create a space for you to express, release, and celebrate yourself and each other, we laugh and we cry together and let out masks down.



WHAT IS THE INNER SHIFT METHOD?

Using supportive tools such as inner child work and parts work, our method creates a safe space to gently explore inner patterns, helping participants let go of what no longer serves them.

Throughout the process, we respect each individual's personal pace, offering guidance and support when helpful. Through reflective dialogue and guided self-exploration, participants often gain new perspectives, strengthen self-acceptance, and experience meaningful personal insights.

This individualized, caring approach makes the Inner Shift Method a trusted framework for deep personal growth and self-discovery.

To learn more about the Method, listen to [our podcast](#) explaining the Method.



YOU WILL HUGELY BENEFIT FROM THIS RETREAT IF YOU ARE READY TO....

- Release old patterns of self-doubt and open to the possibility of feeling worthy and confident just as you are.
- Reconnect with a sense of meaning and your unique path, building deeper connections both within yourself and with others.
- Start shifting from limiting habits and open space for new perspectives and personal growth.
- Explore supportive tools and practical insights to cultivate greater emotional steadiness and clarity in daily life.

At the Inner Shift Institute, this retreat offers a supportive space to explore inner patterns, emotions, and beliefs, creating room for meaningful shifts that can positively influence your everyday experience.

This is your invitation to reconnect with yourself and focus on what truly matters to you.



A woman with dark hair and tattoos is lying on her back on a bed. She is wearing a white, sleeveless, knee-length dress with a fringed hem and a black zigzag pattern near the bottom. Her hands are clasped over her chest. She is lying on a thick, brown, textured blanket. The bed has white pillows and a white sheet. The background shows a patterned wall and a bedside table with a yellow object and a black bowl.

YOU
LIKE
NEVER
BEFORE

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