



OUR
**Private
Retreat
Guide**

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.



WHO ARE WE?

Founded in 2018, The **Inner Shift Institute** has been guiding inner work retreats, among the first to explore the potential of psychedelic experiences for deep personal growth and meaningful insight.

We approach this work with vision, care, and integrity, creating a space where each journey is supported with full attention. Our experienced team, with backgrounds in psychology, guided inner work, and supportive facilitation, offers a safe and steady environment for personal exploration.

A retreat with us offers more than time away, it can serve as a powerful point of reflection and renewal. Many participants leave feeling more confident, connected, and aligned with what matters most in their lives.



WHAT IS THE INNER SHIFT METHOD?

The Inner Shift Method is a carefully developed approach, refined since 2018 through guiding people in deep *psycho*-supported inner work. Over the years, we have tested and integrated the most effective tools to create meaningful, lasting shifts, ensuring each process is both supportive and safe.

Blending **inner child work, parts work, and somatic practices** with this inner journey, the method helps gently explore and release emotional patterns in a nurturing, judgment-free space. Each person's own process leads the way, with experienced guidance offered when helpful.

Through guided self-reflection, participants often **shift limiting beliefs, strengthen self-acceptance, and gain valuable personal insights**, leaving with **renewed clarity, confidence, and inner stability**.

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





HOW DO WE WORK?

We conduct our sessions at your **temporary accommodation** in your chosen location. You can book a private ceremony in the Netherlands (Amsterdam or Maastricht), Portugal (Lagos), Austria (Innsbruck or Salzburg) and Mexico (Tulum). A comfortable, private Airbnb is ideal, and we have a list of recommendations.

Rather than using a ceremony room, we find clients benefit from staying in their own space afterward, without needing to relocate as the effects wear off.

On arrival, we'll discuss any final concerns, then guide you through a meditation to center you in your body before we start. Effects begin within 30 to 60 minutes, occasionally up to 2 hours, lasting 4 to 6 hours. We'll stay by your side, using The Inner Shift Method to support your journey fully.



WHAT IS INCLUDED IN EVERY SESSION?

Online Preparation Course

A **6-hour self-paced course** designed to build emotional readiness, deepen self-awareness, and help you set clear intentions and address any potential obstacles, ensuring **a strong foundation** for your journey.

Online Preparation Session

A **1-hour call** before your retreat to connect with your practitioner, allowing both of you to get to know each other while addressing questions, discussing food choices, retreat infos and setting a personalized intention.

Integration Course

An **8-hour self-paced course** providing structured support, grounding practices, and reflection exercises to turn insights from your journey into **lasting change**.

Integration Session

A **post-session** (included in all but the first package) to process insights, uncover patterns, and create actionable steps for **deep integration into daily life**.



HOW MANY SESSIONS SHOULD I BOOK?

For newcomers, one session offers a gentle introduction, allowing you to gradually settle into the process and open up to personal reflection and new perspectives.

Two sessions are recommended for those looking to explore more deeply. The first session helps establish a strong foundation, while the second allows for further inner exploration, offering valuable insights and personal clarity.

For those seeking a more extended process, three sessions provide additional time for reflection, self-discovery, and meaningful personal growth.



SHARING THE SESSION WITH A PARTNER/FRIEND

We offer flexible options for shared sessions: you can be in the same room with one practitioner or in separate rooms with individual facilitators, allowing you to choose the balance between shared and personal space.

For those who feel ready for a meaningful shared experience with a partner or friend, working with one practitioner can be a special opportunity, while separate facilitators offer more privacy if preferred.

The cost for two or three facilitators in a shared setting is the same as for separate private sessions, available in Amsterdam and Maastricht depending on facilitator availability.



PACKAGES & PRICES

THE MIRROR

Self-Reflection. Seeing yourself clearly—maybe for the first time.

In-Person Duration: 1 or 1,5 Days.

What Each Participant Receives:

- 1 Individual Online Preparation Session
- A Self-Paced Course (6h of Preparation + 8h of Integration Content)
- 1 Full Day *visi*. Journey (6-7h)
- 1 Integration Session (In Person or Online)

Who Might Benefit Most From The Mirror Package?

The Mirror Package is for those looking for a meaningful guided inner experience — whether you're seeking personal exploration, self-reflection, or a supportive space to deepen your current inner work.

It's especially suited for individuals who feel that a full retreat may be too intensive at this time, or for those working within a more limited budget. This package offers a spacious, well-supported experience without the time or financial commitment of a longer retreat.

Prices:

Amsterdam & Tulum: 2.450 Euros*
Other Locations: 2.150 Euros*

2 People with 1 Shared Practitioner

Amsterdam & Tulum: 3.450 Euros*
Other Locations: 3.150 Euros*

3 People with 1 Shared Practitioner

Amsterdam & Tulum: 4600 Euros*
Other Locations: 4.200 Euros*



THE MIRROR EXPANDED

Direction. Understanding what matters and where to go from here.

In-Person Duration: 1 or 1,5 Days.

What Each Participant Receives:

- 4 Individual Online Preparation Sessions
- A Self-Paced Course (6h of Preparation + 8h of Integration Content)
- 1 Full Day *µ*si. Journey (6-7h)
- 1 Integration Session (In Person or Online)
- 3 Additional Online Integration Sessions

Who Might Benefit Most From The Compass Package?

The Compass Package is designed for those seeking a deep and personal guided inner experience, whether for self-exploration, personal reflection, or to complement ongoing personal development work.

With 3 additional preparation sessions and 3 additional integration sessions, you'll receive extended support both before and after your session. The preparation allows your facilitator to get to know you more closely and provide more personalized guidance. The integration sessions help you apply your insights and create meaningful changes in your daily life.

Prices:

Amsterdam & Tulum: 3.450 Euros*
Other Locations: 3.150 Euros*

2 People with 1 Shared Practitioner

Amsterdam & Tulum: 5.450 Euros*
Other Locations: 5.150 Euros*

3 People with 1 Shared Practitioner

Amsterdam & Tulum: 7600 Euros*
Other Locations: 7.200 Euros*



THE SHIFT

Root-level change. Breaking old patterns and building new pathways that last.

In-Person Duration: 2-4 Days.

Option 1 (recommended):

Day 1: μ si. Journeys
 Day 2: Integration Session
 Day 3: μ si. Journeys
 Day 4 (or later online):
 Integration Session

Option 2 (shorter):

Day 1: μ si. Journeys
 Day 2: Integration +
 μ si. Journeys
 .Day 3 (or later online):
 Integration Session

What Each Participant Receives:

- 1 Individual Online Preparation Sessions
- A Self-Paced Course (6h of Preparation + 8h of Integration Content)
- 2 Full Day μ si. Journeys (6-7h)
- 2 Integration Sessions (In Person or Online)

Who Might Benefit Most From The Shift Package?

The Shift Package is designed for those who want to fully engage in their personal process and explore meaningful patterns that may influence different areas of life.

It is also most beneficial for individuals who recognize tendencies such as overthinking, difficulty with trust, or challenges in letting go, and who are looking for a supportive space to work through these patterns with skilled guidance.

Prices:
 Amsterdam & Tulum: 4.300 Euros*
 Other Locations: 4.000 Euros*

2 People with 1 Shared Practitioner
 Amsterdam & Tulum: 6.400 Euros*
 Other Locations: 6.100 Euros*

3 People with 1 Shared Practitioner
 Amsterdam & Tulum: 8.350 Euros*
 Other Locations: 7.950 Euros*



THE INNER SHIFT

Deep movement within. Something real changes in how you see, feel, and live.

In-Person Duration: 2-4 Days.

Option 1 (recommended):

Day 1: *µ*si. Journey
Day 2: Integration Session
Day 3: *µ*si. Journey
Day 4 (or later online):
Integration Session

Option 2 (shorter):

Day 1: *µ*si. Journey
Day 2: Integration +
*µ*si. Journey
Day 3 (or later online):
Integration Session

What Each Participant Receives:

- 4 Individual Online Preparation Sessions
- A Self-Paced Course (6h of Preparation + 8h of Integration Content)
- 2 Full Days *µ*si. Journeys (6-7h)
- 2 Integration Sessions (In Person or Online)
- 3 Additional Online Integration Sessions

Who Might Benefit Most From The Inner Shift Package?

This package is for those seeking meaningful change, not just new insights. It is well-suited for individuals who feel they've already done personal work but still experience recurring patterns or challenges that feel difficult to shift. If releasing control or fully letting go feels challenging, this package offers the depth and support to explore these areas in a safe and guided way.

With 3 additional preparation sessions and 3 additional integration sessions, you'll receive extended support before and after your sessions. Your facilitator will have the opportunity to get to know you more deeply, offer more personalized guidance, and help you apply your insights in lasting, practical ways.

Prices:

Amsterdam & Tulum: 5.300 Euros*
Other Locations: 5.000 Euros*

2 People with 1 Shared Practitioner

Amsterdam & Tulum: 8.400 Euros*
Other Locations: 8.100 Euros*

3 People with 1 Shared Practitioner

Amsterdam & Tulum: 11.350 Euros*
Other Locations: 10.950 Euros*



THE RESET

A full-body exhale. Shedding what's no longer working to create space for something new to take root.

In-Person Duration: 5-6 Full Days.

What Each Participant Receives:

- 1 Individual Online Preparation Sessions
- A Self-Paced Course (6h of Preparation + 8h of Integration Content)
- 3 Full Day *psi*. Journey (6-7h)
- 3 Integration Sessions (In Person or Online)

Who Might Benefit Most From The Reset Package?

The Reset Package is for those seeking deeper insight and awareness around long-standing patterns or personal challenges. If you feel caught in recurring habits or recognize areas where meaningful change is needed, this option offers space for focused and in-depth exploration.

Attending three sessions in one week creates a concentrated process, so it's important to arrive prepared for a deeper and more immersive personal journey.

Prices:

Amsterdam & Tulum: 6.000 Euros*
Other Locations: 5.700 Euros*

2 People with 1 Shared Practitioner

Amsterdam & Tulum: 9.100 Euros*
Other Locations: 8.700 Euros*

3 People with 1 Shared Practitioner

Amsterdam & Tulum: 11.050 Euros*
Other Locations: 10.650 Euros*



THE DEEP RESET

A coming home to yourself. Integration, clarity, and lasting inner strength.

In-Person Duration: 5-6 Full Days.

What Each Participant Receives:

- 4 Individual Online Preparation Sessions
- A Self-Paced Course (6h of Preparation + 8h of Integration Content)
- 3 Full Days *µ*si. Journey (6-7h)
- 3 Integration Sessions (In Person or Online)
- 3 Additional Online Integration Sessions

Who Might Benefit Most From The Deep Reset Package?

The Deep Reset Package is for those ready to fully commit to meaningful personal change. If you're facing long-standing patterns or internal challenges and want the time, space, and support to work through them in depth, this is our most immersive option.

Like The Reset, it offers a concentrated process, but with 3 additional preparation sessions and 3 extra integration sessions. This extended support allows for a slower, more grounded pace. Your facilitator will have more time to understand your personal process and guide you with focused attention, while the extra integration sessions help you turn insights into real-life shifts that last.

Prices:

Amsterdam & Tulum: 7.000 Euros*

Other Locations: 6.700 Euros*

2 People with 1 Shared Practitioner

Amsterdam & Tulum: 11.100 Euros*

Other Locations: 10.700 Euros*

3 People with 1 Shared Practitioner

Amsterdam & Tulum: 14.050 Euros*

Other Locations: 13.650 Euros*

DEEPEN YOUR JOURNEY WITH ADDITIONAL SUPPORT

Many participants find that the real work begins after their journey. If you'd like to keep exploring, integrating, or receiving guidance, you can continue working with your facilitator online.

Whether you're looking for therapeutic support, integration coaching, or a space to process what's come up, ongoing sessions are available. This allows you to stay connected to the process and receive support tailored to where you are now.

Here are the available options and rates.

Pricing

- Single additional session (1 hour): €250
- Package of 5 additional sessions: €1,100 (€220 per session)
- Package of 10 additional sessions: €2,000 (€200 per session)
- **Special offer: Book 6 additional sessions with your private retreat or directly afterwards for €1,000**



* The total retreat or coaching fee is divided between two entities:

- 35% is a non-refundable coordination & reservation fee charged by Consciousness Rising Org LLC, covering client support and administration
- 65% is charged separately by the retreat facilitator, who delivers the retreat/coaching and issues their own invoice.

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