



# EVOLUTION RETREATS

J A M A I C A

Your Life. Our Expertise. Your Evolution

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## ONSITE SCHEDULE

Welcome to Evolution Retreats.

Feel free to participate in every activity and event at your discretion and convenience. Your Evolution Retreats team encourages you to engage with our On-Site Schedule to the maximum, although we also recognize and respect your privacy and personal space. This is why all on-site activities and events are optional, excluding Unit Preparation and Unit Integration Sessions for the psilocybin ceremonies.

Aside from common dining hours that are listed in this schedule, the kitchen is opened for the most of the day. No need to rush for breakfast or worry about being late for dinner - you can always rely on the chefs of Tensing Pen for delicious and healthy meals and snacks. Come to dine at a convenient time for you, or order room service for the dishes you desire. The time slots below indicate when the meals are being prepared and served throughout the day.



We invite you to start your day with morning yoga after breakfast. Our yoga sessions are a light, accesible activity that is complementary to your journey. The experienced yoga masters of Tensing Pen Resort are ready to guide you for your health, safety and enjoyment.

No previous experience is required to participate.



*Morning Waterfront Yoga*



Our guided meditation sessions are recommended as a great addition to your psychedelic transformation. Participate in our guided meditation sessions to maximize the efficiency of your internal work.

Tensing Pen Resort offers relaxing healing massages near the seaside. Combine professional massages with yoga practices to rejuvenate yourself! One massage of your choosing is included in your Evolution Retreats Program. We encourage you to book additional massage sessions for deep relaxation and healing.



*therapeutic massage at Spa Hut*

## Day 1

Evolution Retreats welcomes guests from all over the globe. Considering different flights and ground transfer, on-site activities initiate at 7 PM.

On this day, after international flights, weary travelers are welcomed to rest and refresh themselves in the loving embrace of Tensing Pen Resort. If desired, feel free to participate in a late evening tea ceremony conducted by our Program Director. Tea ceremonies are a peaceful, quiet and calming way to meet for a conversation and spend additional time with Evolution Retreats professionals. Tea ceremonies are optional activity for every evening of your stay with Evolution Retreats.

7 PM - 8:30 PM ————— Private Dinner (Seasong Hut)



If you arrive in the morning, we encourage you to unwind and settle into your new environment. Tensing Pen is one of the top rated eco-resorts in the Caribbean region, and you are most welcome to explore the amenities, take a swim in the pool or ocean, and enjoy the delicious cuisine. We also recommend revisiting your workbook, as your psilocybin journeys are going to start the next day.



## Day 2

7:30 AM - 9:15 AM \_\_\_\_\_ Breakfast Time  
9:30 AM - 10:30 AM \_\_\_\_\_ Morning Yoga (Seasong Hut)  
11:40 AM - 12PM \_\_\_\_\_ Property Tour (Lobby)

Take 20 minutes to explore the beautiful amenities and picturesque cliffs of Tensing Pen.



*Tensing Pen Resort (birdseye view)*

12:30 PM - 2:30 PM \_\_\_\_\_ Lunch Time  
3 PM - 4 PM \_\_\_\_\_ Retreat Opening (Seasong Hut)  
5:45 PM - 6:15 PM \_\_\_\_\_ Guided Meditation Session (Seasong Hut)  
6:30 PM - 7:10 PM \_\_\_\_\_ Unit Preparation Session (Various Locations)  
7:20 PM - 8:30 PM \_\_\_\_\_ Dinner Time  
9 PM - 10 PM \_\_\_\_\_ Chinese Tea Ceremony (Seasong Hut)

This day is meant to replenish your resources after travel, settle into the warming embrace of Tensing Pen and find the place of comfort among your fellow journeyers.

Make sure that your body and mind is ready for tomorrow's psilocybin ceremony. **We highly advice to book a full body massage on this day in order to relax and release the tensions from your body.**

## Day 3

7:30 AM - 9:15 AM ————— Breakfast Time  
9:30 AM - 10:30 AM ————— Morning Yoga (Seasong Hut)  
11 AM - 12 PM ————— Common Preparation Session (Seasong Hut)  
12:10 PM - 12:40 PM ————— Unit Preparation Session (Various Locations)  
1PM - 6:30PM ————— 1st Psilocybin Ceremony (Various Locations)



Your first psilocybin ceremony. Starting with a medium dose, you will explore the depths of your mind. Your experience navigating the psychedelic space will help shape how we prepare you for your next ceremony.

Please be advised that the psilocybin experience oftentimes produces an overwhelming amount of information to incorporate. If you discover the experience to be profound and want to unwrap and discuss the most intimate and personal parts of it, **we encourage you to book a private integration session with your facilitator. Even the same evening if necessary.**

7 PM - 8:30 PM ————— Private Dinner (Seasong Hut)  
9PM - 10PM ————— Chinese Tea Ceremony (Seasong Hut)



## Day 4

7:30 AM - 9:15 AM \_\_\_\_\_ Breakfast Time  
9:30 AM - 10:30 AM \_\_\_\_\_ Morning Yoga (Seasong Hut)  
11AM - 11:40 PM \_\_\_\_\_ Common Integration Session (Seasong Hut)  
12:10 PM - 1PM \_\_\_\_\_ Unit Integration Session (Various Locations)  
1:30 PM - 6:30 PM \_\_\_\_\_ Tours/Free time

On this day, after working to integrate your first psilocybin experience and enjoying a nourishing lunch, we invite you to take one of our tours to enrich the precious psilocybin afterglow period with natural beauty and harmony. Alternatively enjoy the simple natural beauty of Tensing Pen or request an private integration session with your facilitator.



*Glass-bottom boat snorkeling tour to the Booby Cay Island*



*Mayfield Falls Tour*



*Barneys Flower and Hummingbird Garden*



*Parasailing on Seven Mile Beach*



Please be advised that tours and excursions aren't included in the Evolution Retreats program and must be paid for separately. If you choose to stay and relax at Tensing Pen, **we highly recommend you to request a private integration session with your facilitator.**

Additional private sessions will maximize takeaways from the experience of your psychedelic transformation.

7 PM - 8:30 PM \_\_\_\_\_ Private Dinner (Seasong Hut)  
9 PM - 9:40 PM \_\_\_\_\_ Yoga Nidra Session (Seasong Hut)

## Day 5

7:30 AM - 9:15 AM ————— Breakfast Time  
9:30 AM - 10:30 AM ————— Morning Yoga (Seasong Hut)  
11 AM - 11:45 AM ————— Common Preparation Session (Seasong Hut)  
12 PM - 12:30 PM ————— Unit Preparation Session (Various Locations)  
12:45 PM - 6:30 PM ————— 2nd Psilocybin Ceremony (Various Locations)

Your second psilocybin ceremony will be with a customized dose. Prepare for real transformation: embrace the journey and release yourself in search of pearls of wisdom.



Please be advised that the psilocybin experience oftentimes produces an overwhelming amount of information to incorporate. If you discover the experience to be profound and want to unwrap and discuss the most intimate and personal parts of it, **we encourage you to book a private integration session with your facilitator. Even the same evening if necessary.**

7 PM - 8:30 PM ————— Private Dinner (Seasong Hut)  
8:45 PM - 9:30 PM ————— Yoga Nidra Session (Seasong Hut)  
9:45 PM - 11PM ————— Chinese Tea Ceremony (Seasong Hut)



Meditation sessions are a powerful, centering instrument of integration. We advise you to participate: sit with your newly acquired knowledge, surrounded by fellow seekers united by the same goal of transformation and growth. Allow your mind to be gently guided towards the new concept of yourself.



## Day 6

7:30 AM - 9:15 AM ————— Breakfast Time  
9:30 AM - 10:30 AM ————— Morning Yoga (Seasong Hut)  
11 AM - 12 PM ————— Common Integration Session (Seasong Hut)  
12:15 PM - 1 PM ————— Unit Integration Session (Various Locations)  
1:30 PM - 5:30 PM ————— Tours/Free time

On this day, we encourage you to take advantage of the rich and precious psilocybin afterglow period. You may find it easiest to do so in the privacy and comfort of Tensing Pen Resort or by requesting an individual integration session with your facilitator. Tours will also be available for those seeking visceral experiences. May this day be the foundational stones of your newfound wisdom, inner peace, and prosperity.



Lethe River Bamboo Rafting



Sunset Catamaran Cruise



YS Falls and Black River Tour



Black River Safari



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5:45 PM - 6:45 PM ————— Retreat Closing (Seasong Hut)  
7 PM - 8:30 PM ————— Dinner Time  
9PM - 10PM ————— Chinese Tea Ceremony (Seasong Hut)

## Day 7

7:30 AM - 10:30 AM ————— Breakfast Time

On this day we are sending you back with our best wishes and the promise of continuous support: at any point after your retreat you can request immediate support from our facilitator team.

Departures start at 11:00 AM.

### Evolution Retreats Team



Fred Ode



Zach Leary



Chris Becker



Nora Finnegan



Mark Hennie



Brandon Varnadoe



Jennifer  
Di Giandomenico



Steven Suntala



Tyler Willis



Avi Esther



Stormy Brannon



Tiffinne Perkins



Teodor Gorbunov

**YOUR LIFE. OUR EXPERTISE. YOUR EVOLUTION.**