



SOUL JOURNEY

a mushroom medicine experience





WELCOME

Soul Journeys offer a safe, loving, brave and sacred space for those ready to connect with the magic and medicine of the mushroom wisdom teacher.

Our gatherings are intentionally curated to support your journey of conscious transformation. With a focus on accessibility, professionalism, and tending each person's unique needs and intentions, we offer a caring container to embark on a voyage of self-discovery, healing, and growth.

Soul Journeys offer a holistic approach to psychedelic exploration. Surrounded by nature, you'll engage in yoga, meditation, breathwork, creative and contemplative practices, all heart-fully curated to enhance your psilocybin experience. Delight in delicious, organic, farm-to-table meals, vibrant juices, teas and elixirs that nourish both body and soul.

Our events are aligned with the energies of astrological and seasonal cycles, to invite a harmonious connection with Earth and the cosmos, and amplify the power of your transformative experience.

COME ON IN

GATHERING



EARTH BODY AWAKENING

Soul Journey Weekend Immersion • Spring 2024

Where: ZenForest (~1h north of Lisbon)

When: Friday April 19 at 5pm - Sunday April 21 at 5pm

Group: 7 journeyers & 3 facilitators maximum

Accommodation: Luxurious bell tents (single or double occupancy)

Inclusions: All activities, ceremonies, meals, accommodations & gift

Rate: €750 shared tent / €900 private tent (€300 deposit to hold space)

Register: WhatsApp +351 915 219 570 • Email amelia@ameliatravis.com



AGENDA

FRIDAY

ARRIVAL & WELCOME

Arrive, Check In, Relax
Welcome Circle & Introductions
Breathwork to Clear Space
Dinner in the Garden
Fire, Hot Tub or Sauna

SATURDAY

SOUL JOURNEY CEREMONY

Juice, Tea, Fruit & Nuts
'Home in the Body' Yoga Practice
Solo Nature Meditation
Soul Journey with Mushroom Medicine
Dinner in the Garden
Fire, Hot Tub or Sauna

SUNDAY

REST & INTEGRATION

Juice, Coffee, Tea, Fruit & Nuts
Gentle Integrative Yoga Practice
Integration & Sharing Circle
Bountiful Brunch in the Garden
Rest & Reflection Time
Integrative Art Workshop
Closing Circle

FACILITATORS

MEET THE TEAM



AMELIA TRAVIS

Amelia is a soul work coach,entheogenic practitioner, astrologer and yoga educator helping women unwind from internalized dominator culture and embrace authentic self-expression. Her approach is rooted in twenty years of spiritual study, Integral Yoga philosophy, transpersonal psychology and eco-feminist values. With curiosity, warmth and an open heart, Amelia's work invites exploration, discovery, and celebration of your expanded self; integrating ego, soul, relationships, community, and Earth.



MYRTHE PETERS

Myrthe serves the world as an end-of-life doula, psychedelic guide & Enrootment Method™ facilitator; offering people choice and companionship during life's greatest transitions. Through altered states of consciousness, she supports people in remembering their own unique healing powers and working through grieving processes on a deep level, resulting in more full, courageous and authentic living.



ISABEL COSTA-MACEDO

Isabel is a professional yoga teacher, abstract artist and movement guide passionate about nature, music, art, travelling, neuroscience, food, and human consciousness/evolution. Trained in somatics, breathwork and reiki, her commitment to creating a safe space invites students to explore self-inquiry, self-awareness and self-acceptance. As an abstract artist, Isabel paints intuitively and adores exploring whatever comes through her soul as she moves through life absorbing unconscious inspiration from various sources.



ZEN FOREST

Nestled in the trees, Zen Forest is a small, family-run gathering space that operates in harmony with nature.

Zen Forest provides an ideal setting for meditation, mindfulness practices, and medicine work. Providing safety, privacy, and peaceful surroundings. It is a sanctuary for connection and nature immersion.

Just an hour from Lisbon and 10 minutes from Santa Cruz beaches, our weekend home offers comfort, luxury, and everything you need to rest and immerse in the Soul Journey retreat.

[LEARN MORE](#)

VENUE



ACCOMMODATIONS

Your home for the weekend is outdoor living at it's finest. Resting amongst the trees invites the body to truly settle and nervous system to regulate, leading to a weekend of grounding restoration and reconnection.

Glamping Bell Tents (Private or Shared)

4 Common Showers & 3 WCs

Greenhouse Yoga Shala

Garden Kitchen & Dining Room

Pool, Hot Tub & Sauna

Outdoor Living Spaces

ABOUT THE PROCESS

01

Preparation & Intention

Soul Journey gatherings include a 60 minute 1:1 preparation session via phone or Zoom to clarify intention, establish positive mindset, explore any desires and concerns you may have, and receive guidance on how to prepare your body and mind for the journey.

02

Immersive Experience

Every detail is provided for; this all inclusive gathering aims to create space and time for you to fully immerse yourself in this life-changing experience. We invite you to unplug, settle in, and devote 3 days to reconnecting with Earth, each other, and your truest self.

03

Ceremonial Journey

Each journey experience is mindfully co-created amongst the group, artfully weaving best practices for entheogenic experiences with each attendees unique intention. We ground a safe, beautiful, open and caring space for you to tend the altar of your life through sacred medicine. This ceremony will take place in the greenhouse yoga shala and in the outdoor ceremony circle, surrounded by towering trees.

04

Integration Support

In the weeks following your Soul Journey experience, you have the option to meet 1:1 with Amelia for a 60 minute integration session to revisit insights and downloads from ceremony. These sessions help make meaning of your experience and apply the realizations and wisdom to your daily life. We will also offer a group reconnection session one month after gathering.

EXPERIENCE

Breathwork & Yoga

Our skilled facilitators have over thirty years of combined experience guiding yoga, breathwork and somatic healing practices.

Transformative breathwork supports a natural non-ordinary state of consciousness which helps clear, release, and prepare your body for the mushroom journey.

Mindful movement and gentle yoga practices before ceremony and the day following help your body and nervous system settle into a regulated and supported state.



Rest & Renewal

Between sessions, ample space and time is provided for you to relax, rest, and soak in the beauty and quiet of this sacred space.

Have a soak in the hot tub or go for a cold plunge followed by a warm up in the sauna. Sit by the fire or under the stars listening to the sounds of wild nature.

Enjoy time to journal, meditate, or simply be with yourself and a community of curious, caring seekers.

The space and time is yours to do what truly feels good and nourishes you.

Ceremony Experience

You are in good hands. We are a team of practitioners dedicated to compassion, integrity, professionalism, experience, safety and trust in the process.

Attuned to set and setting, the location, altar, music, lighting, elements are all chosen to support your journey.

Sustainably harvested and cultivated locally, with regard for the environment and the consumer. We know exactly where our medicine comes from and that it is grown with intention and love.



Integration Practices

On the day following your Soul Journey, we will gather and hold space for integration on multiple levels.

A gentle yoga practice will invite you to revisit the journey in your body, reconnecting to sensations and healing.

Sitting in circle, we'll hold each other in deep listening, making space for verbal dialogue (with chocolate and tea, of course).

In the afternoon, an experiential art workshop opens the path to non-verbal integration, so the unconscious shifts may speak through your unique creative expression.

AWAKENING MAGIC & TRANSFORMATION

Mushrooms are partners for magical partners for transforming human consciousness.

Psilocybin interacts with the serotonin receptors in the brain, promoting neuroplasticity and facilitating profound shifts in perception. Evidence shows that intentional engagement with psilocybin, along with integration support, can alleviate symptoms of anxiety, depression, and fear of death by creating new neural pathways and enhancing emotional resilience.

Ceremonial experiences support healing, liberation, and expansion.

After sitting with mushrooms, many journeyers cite a profound shift in perception and sense of emotional release, healing, and expanded awareness. Psilocybin's ability to induce mystical experiences has been associated with long-term positive changes in personality, increased well-being, and a sense of interconnectedness.



BENEFITS

Healing & Connection

Transpersonal psychology focuses on vibrant mental health and psychological development, mystical and spiritual experiences, inner peace, compassion, trust, fully realized aliveness, and selfless service as components of measures of true success or overall well-being.

Eco-transpersonal psychology layers the importance of nature immersion and connection with the more-than-human world as a way to support the sense that we are each unique and individual and, at the same time, part of the larger whole and affirm the world is enchanted, alive, whole, and meaningful.



Creativity & Neurogenesis

Working with the medicine of the mushroom is a practical pathway to engage in eco-transpersonal immersion practice. Mycelial medicine invites healing on a deep level, breaking down barriers and fostering a profound sense of liberation. By promoting neuroplasticity and neurogenesis, new neural pathways can be activated, supporting emotion regulation, stress resilience, and cognitive flexibility ([Marano, 2023](#)). In this way, mushrooms may help journeyers release conditioning, old narratives, process trauma and integrate painful experiences from the past. Mycelial medicine helps open us to creativity, joy, wisdom, and love and the fully realized aliveness of your human experience.

JOIN US

RATES & REGISTRATION

Before you book, we'd love to get to know you and hear what your intentions are for this retreat. After you reach out, we will schedule time to chat and send you an intake form to understand your needs and to rule out any possible contraindications.

In this connection, we'll be happy to answer any questions you have about the mushroom experience, and provide information about how to get in touch if you need extra support. Before the retreat, you will receive guidance on how to prepare your body, mind and spirit ready for the journey.



Rates & Inclusions

This gathering includes the following:

- 2 nights accommodations
- 2 light breakfasts
- 2 dinners, 1 brunch
- Guided breathwork experience
- 2 guided yoga practices
- Soul Journey ceremony
- Art integration workshop

The rates and deposit are as follows:

- €750 shared bell tent (2 available)
- €900 private bell tent (5 available)

€300 deposit holds your space.

Balance is due April 12, 2024.

Let's Connect

To register, please message Amelia via WhatsApp +351 915 219 570 or email amelia@ameliatravis.com.