

MEDICINE RETREAT

GARDEN OF ALCHEMY



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MEDICINE RETREAT

Welcome, dear one

It is an honour to walk alongside you on this sacred path of connection, healing, and transformation through the wisdom of the Earth and the intelligence of plant medicines.

Preparing for Your Journey

To receive the full blessings of this experience, we have lovingly designed a programme to prepare your nervous system, allowing you to open into a deep process of renewal and growth.

- Arrival: Please arrive at least 30 minutes before the ceremony begins.
- Nourishment: If you are attending a Kambo session, we ask that you fast from solid foods for 24 hours prior. If you are joining a retreat, please follow the specific dietary guidance for your journey. All meals provided during the retreat will be vegetarian.
- Accommodation: Accommodation is provided, but you may prefer to bring your own tent or campervan if the weather is good.



WHAT IS THE GARDEN OF ALCHEMY?

The Garden of Alchemy exists to guide, inform, and support individuals, creating spaces for growth toward wholeness, sovereignty, and leadership. Our containers and courses are designed to foster transformation, healing, and creative energy, helping you reconnect with your essence, not only for your own evolution but also to contribute to the world and the creation of a new reality.



DIRECTIONS

For detailed directions, including transportation options and important arrival information, please refer to the following document:

[DIRECTIONS](#)

If you have any questions or need assistance, feel free to reach out. Safe travels!

WHAT TO BRING

- A sacred item for our altar (crystals, flowers, personal talismans, photographs).
- Comfortable ceremonial clothing.
- A journal and pen for reflections.
- A water bottle.
- Slip-on shoes.
- Layers of warm clothing for time spent outdoors (no jeans, as the yurt can get hot).
- Wellies or hiking boots, as we often take a walk, and in winter, it can get very wet.
- Flowers and fruit to share.
- Two towels, shampoo, and toiletries, as the sauna may be available.
- A pillow and extra blanket for medicine space or sitting outside/yoga mat.



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GUIDELINES FOR PREPARATION

- Kindly avoid caffeine, alcohol, and recreational substances at least 72 hours before your ceremony.
- Follow a clean, nourishing diet free from processed foods and refined sugars.
- Stay well-hydrated and ensure deep rest the night before.
- Reduce screen time and allow space for inner contemplation in the lead-up to your retreat.
- If required, complete your health assessment or intention-setting form prior to arrival:

INTENTION SETTING

- Please no medications on any of the days. Please check in regarding supplements, and we advise bringing a supply of magnesium for post-journey. (Please discuss any medications with us beforehand.)
- If you are attending a Kambo retreat, please read this document for the preparation guidelines: [Kambo Preparation Guide](#).

KAMBO PREPARATION GUIDE



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NOURISHMENT

A lovingly prepared vegetarian meal will be provided each day, with light refreshments available. Please inform us in advance of any dietary requirements.

PHONE USE

To honour the depth of this work, we invite you to step away from devices. Phones will not be permitted during the retreat, so if needed, please provide loved ones with an emergency contact.

SACRED AGREEMENT

Before arriving, we ask that you review and agree to the sacred terms of participation. **Please print, sign, and bring a copy with you.** You can find the agreement here:

[SACRED AGREEMENT](#)



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ADDITIONAL OFFERINGS

- Microdosing: A guided pathway for those wishing to prepare more deeply for their journey.
- Sacred Shop: A selection of plant remedies, ceremonial cacao, herbal blends, and lovingly crafted medicines will be available.

The journey of healing begins before the ceremony and extends far beyond it. We encourage you to create spaciousness in the days following your experience for rest, reflection, and integration.

This work is a sacred process and is not a substitute for professional medical or psychological treatment. If you have any concerns about your health, we recommend seeking professional advice before attending.

With deep gratitude & blessings for your path,

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Garden of Alchemy

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Disclaimer:

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