

A close-up photograph of a person's hand reaching towards a cluster of vibrant red bougainvillea flowers. The hand is positioned at the top left, with fingers gently touching the petals. The flowers are in sharp focus, showing their bright red color and intricate structure. The background is a soft, out-of-focus green, suggesting a lush outdoor setting. The overall mood is serene and natural.

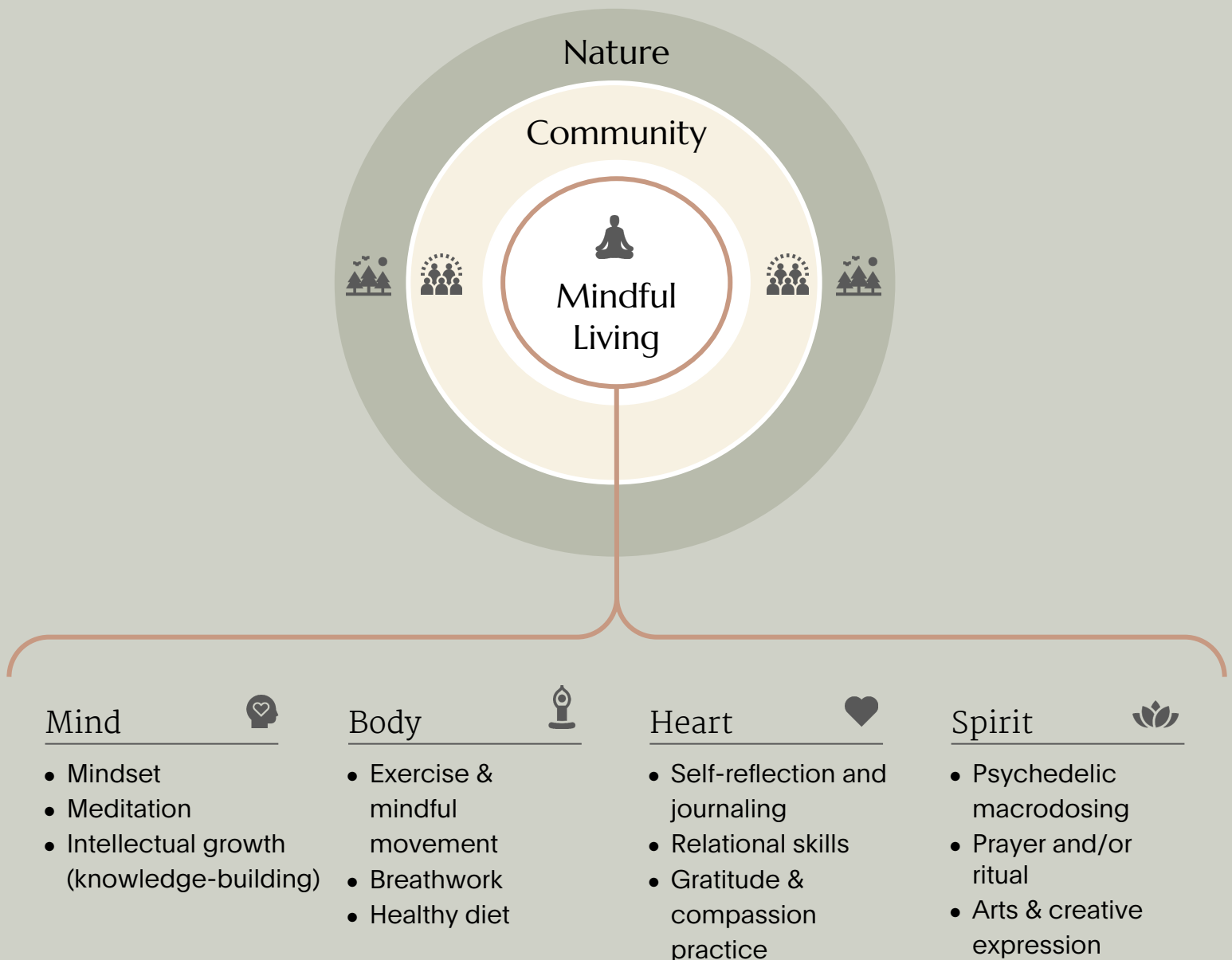
COCOON STORIES SERIES

Science-backed Psychedelic Retreats

3-Night Retreat-Signature Program

An experience rooted in the power of psychedelics, mindfulness practices, and community

Discover a holistic retreat designed to foster personal growth, connection, and wellbeing. Experience guided psilocybin mushroom ceremonies, mindfulness, and community support to achieve meaningful self-development.



Experience deep, lasting personal growth and wellbeing through the use of psilocybin mushrooms and holistic wellness practices in nature and community.

Why ?

Building on 25+ years of psychedelic research with compassionate guidance from world-class facilitators in modern and traditional wellbeing practices.

The Standard for Psychedelic Retreats

88% of our guests say our program was the most or one of the most meaningful experiences of their life.

Prepare

Immerse

Integrate

Grow



Program

Our retreat journey unfolds in four phases to support lasting growth. Begin with personalized preparation, dive into deep exploration, integrate your experiences, and stay connected with our community.

Prepare

Set the foundation and get ready

- Cohort prep sessions
- Self-guided app
- Optional 1:1 coaching

Immerse

Go deep and build community

- 2 psilocybin ceremonies
- Meditation & movement
- Breathwork
- Group integration circles
- Nature immersion

Integrate

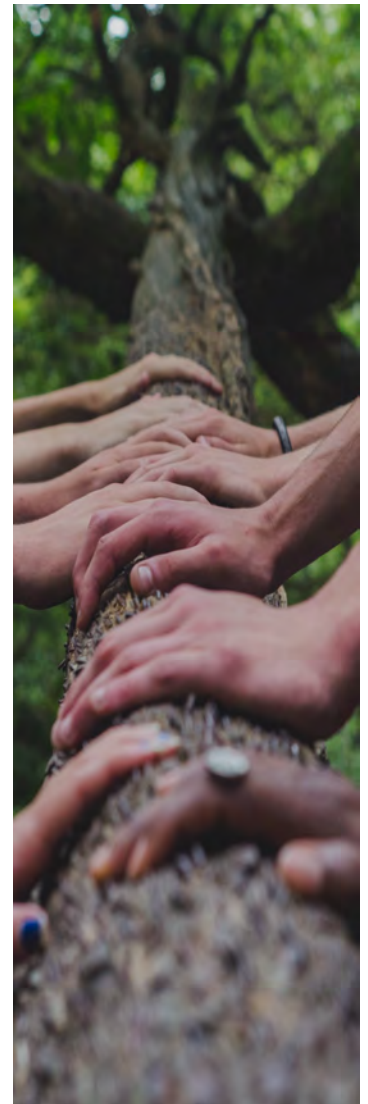
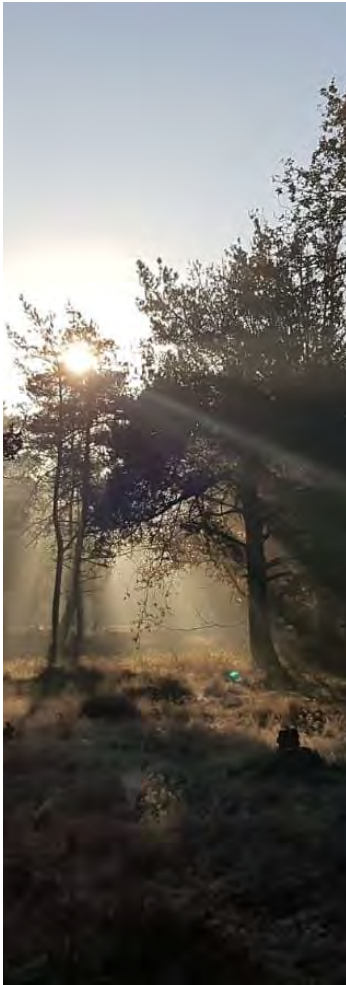
Continue self-inquiry & build new habits

- Group integration
- Guided skill-building
- Optional 1:1 coaching

Grow

Stay connected and stay committed

- Weekly mini-meditations
- Alumni community
- Ambassador program



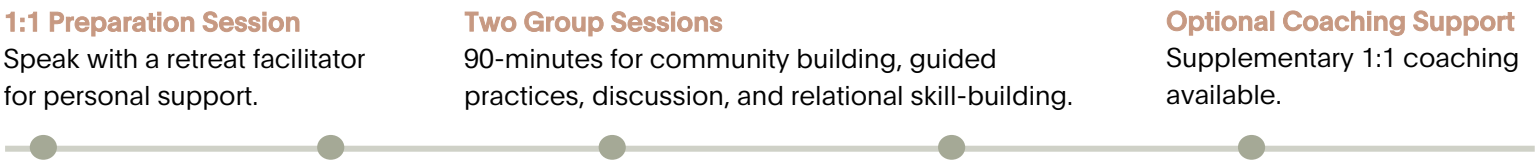
Program - Prepare

Personal attention, community, and flexible preparation options for an optimized retreat experience.



Set the foundation and get ready. Go at your own pace.

The month leading up to the retreat marks the beginning of the Retreats journey. Participants enjoy building skills and confidence, and getting to know one another prior to the retreat. **Scale up or down your participation based on your availability.**



Program - Immerse

Safe, beautiful locations. Expert facilitators. Nourishing cuisine. A well-paced schedule giving ample space to commune with self, nature, and one another.



Practice and experience in community.

Our immersive retreat schedule provides the perfect balance of guided ceremonies, personal reflection, and group activities in a serene natural setting.

Immersion Program (Retreat) Schedule

	Day 1	Day 2	Day 3	
06:00		Morning Walk		
07:00		Movement		
08:00		Meditate/Reflect	Movement	
09:00		Breakfast	Meditate/Reflect	
10:00		1:1 Sessions/ Relax/Nature	Breakfast	
11:00			Integration Circle	
12:00		Breathwork or Voice Activation		
13:00		Smoothie/Group Time	Lunch	
14:00		Rest/Free Time		
15:00	Arrivals/ Welcome		Relax Nature	
16:00		Psilocybin Ceremony (see next page)		
17:00	Opening Circle		Integration Circle	
18:00			Dinner	
19:00	Dinner			
20:00			Music or Fireside	
21:00		Dinner		

Schedule subject to change.
A FULL YOGA SCHEDULE WILL BE INTEGRATED

Mushroom Ceremony

A safe, guided ceremonial psilocybin experience rooted in practices from global wisdom traditions.

Prepare

Immerse

Integrate

Grow

Harness the power of a group psychedelic experience.

[Research shows](#) that psychedelic journeys in group settings may promote a feeling of “communitas” – greater sense of connection, shared humanity, and a dissolution of hierarchies and social roles. The benefits of a collective setting are one of many predictors of long-term outcomes in well-being after a psychedelic experience.

About Ceremony

Experience guided psilocybin ceremonies rooted in traditional and contemporary practices, supported by live music, our experienced facilitators and safety protocols.



Signature Program Pricing

Locations (discover here)	What's Included	Investment*
Naggar	Retreats include preparation program, accommodation, guided ceremonies, wellness activities, meals, integration program, alumni community.	INR 35,000 *
		<i>*Price range per room (triple, double, private; standard or deluxe) depending on location</i>

To ensure access for all, we offer financial aid. Learn more about our scholarship program [here](#). We prioritize applicants: a) who have demonstrated financial need, and/or, b) who have been historically underserved, underrepresented, or oppressed.

Additional Offers

Offer	What's Included	Investment
1:1 Coaching pre- and post retreat	Private coaching with the facilitator from your retreat	\$100/session
Massage at retreat	Relaxing 60-minute full body massage	

The Ethics of Psychedelic Retreats

Doing psychedelic retreats the right way

At our Retreats, we are committed to ethical, science-backed psychedelic experiences that respect traditional practices and foster positive change.



Why Our Participants Join

And how our program helps

Accelerate personal growth and self-understanding

Unleash performance and impact

Build resilience and empathy

Improve mood and wellbeing

Explore spiritual connection and meaning

Address emotional wounds and destructive patterns

Break through limitations and inner blocks

98% of our 500+ participants
said they would recommend
our program to family and
friends

Location

Naggar

Nestled in the heart of the Kullu Valley, Naggar is where time slows down, and nature takes over. Surrounded by snow-capped peaks, ancient forests, and the whispers of history, our retreat offers a sanctuary for those seeking peace, creativity, and deep connection. Whether you're looking to unwind, explore, or immerse yourself in soulful experiences, Naggar is your gateway to a different pace of life.



Safety

Your wellbeing is our priority. We conduct suitability assessments and maintain rigorous safety protocols to ensure a safe and supportive experience.

Safe Location

Safe, private locations.

Holistic Training

Expert facilitators blending indigenous wisdom with modern science

Dedicated Care

1:4 facilitator-to-participant ratio for personalized support.

Access to Medical Care

Qualified facilitators with medical support nearby for 24/7 emergency access.

Screening Process

Rigorous screening ensures safe participation by assessing personal, medical, and psychiatric histories.

Safety Protocols

Comprehensive, regularly updated safety protocols are in place and shared with all team members and partners



Psilocybin Mushrooms

Psilocybin has been used for millennia across many cultures and anecdotal evidence suggests it may improve wellbeing.



History

The use of psychoactive plants has been integral to the spiritual practices of Indigenous traditions from all over the world including Africa, the Americas, and Europe. In fact, some historians believe that entheogenic plants were used as far back as 9000 B.C. based on rock paintings.

Psilocybin is a psychoactive compound found in +200 species of fungi. Aztecs and Mazatec shamans use it for diagnostic, medicinal/curative, spiritual, and recreational purposes to enter the realms of divine wisdom and healing. (2)

The Ceremonial Use of Psilocybin

Our retreats include two 6-hour psilocybin ceremonies.

Sitting together in ceremony has been done for millennia and anecdotal evidence suggests it has often been perceived to improve wellbeing.



Psilocybin

Benefits of Psilocybin

Modern scientific research into psilocybin indicates that there may be many potential lasting therapeutic benefits:

- Potential relief from depression, addiction, anxiety, obsessive-compulsive disorder, and fear of death (3) (4) (5)
- Potential increased activity in the visual cortex and experience of "ego loss" (6) (7)
- Promotion of creativity and empathy, and enhances subjective well-being when taken in nature (8) (9)

Some studies have also shown that psilocybin may promote neurogenesis and neuroplasticity (1)



Brain connectivity on placebo*



Brain connectivity on Psilocybin*

*Photo credit: The Beckley Foundation and Imperial College London Centre for Psychedelic Research

Sources:

- 1) Shao LX, Liao C, Gregg I, Davoudian PA, Savalia NK, Delagarza K, Kwan AC. Psilocybin induces rapid and persistent growth of dendritic spines in frontal cortex in vivo. *Neuron*. 2021 Aug 18;109(16):2535-2544.e4. doi: 10.1016/j.neuron.2021.06.008. Epub 2021 Jul 5. PMID: 34228959; PMCID:PMC8376772.
- 2) Jamilah R. George, Timothy I. Michaels, Jae Sevelius, and Monnica T. Williams. "The psychedelic renaissance and the limitations of a White-dominant medical framework: A call for indigenous and ethnic minority inclusion." Yale University, University of Connecticut, University of California, Ottawa University. March 1, 2020.
- 3) Psilocybin with psychological support for treatment-resistant depression: six-month follow-up. (2017) *Psychopharmacology* (Berl), Carhart-Harris RL, ... Feilding A, Taylor D, Curran HV, Nutt DJ
- 4) Psilocybin with psychological support for treatment-resistant depression: an open label feasibility study (2016) *The Lancet Psychiatry*, Carhart-Harris RL, ... Feilding A, Nutt DJ.
- 5) Nathaniel Lee and Benji Jones. "How Magic Shrooms Affect Your Brain." *BusinessInsider.com*. April 27, 2021.
- 6) Mason, N.L., Kuypers, K.P.C., Müller, F. et al. Me, myself, bye: regional alterations in glutamate and the experience of ego dissolution with psilocybin. *Neuropsychopharmacol*. 45, 2003–2011 (2020).
- 7) Carhart-Harris, R.L, Feilding, A., Lebedev, A.V., Lovden, M, Nutt, D.J., Rosenthal, G. (2015) Finding the self by losing the self: Neural correlates of ego-dissolution under psilocybin. *Human Brain Mapping*.
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- 9) Mason, N.L., Kuypers, K.P.C., Reckweg, J.T. et al. Spontaneous and deliberate creative cognition during and after psilocybin exposure. *Transl Psychiatry* 11, 209 (2021). <https://doi.org/10.1038/s41398-021-01335-5>

The Dalai Lama, when asked what surprised him
most about humanity, answered “Man!
Because he sacrifices his health in order to make
money. Then he sacrifices money to recuperate
his health. And then he is so anxious about the future
that he does not enjoy the present; the result
being that he does not live in the present or the future;
he lives as if he is never going to die, and then dies
having never really lived.”