

DRA.
CARMEN
AMEZCUA

MYCELIUM

COMMUNITIES FOR HEALING

Please join us for four-day group retreat to enter an inner journey , an adventure of self -discovery , and **an opportunity to explore** indigenous views of psychedelic medicine.



CASA AZUL, TEPOZTLAN, MEXICO.
DECEMBER 12th-15th, 2024

December 12th-15th

BE BOLD, LIVE **MYCELIUM** RETREAT:

A healing journey aided by “magic mushrooms” and other medicines. Let´s enter together the creative space that fungi generates on earth, where what is dead matter is consumed and life is reborn.

MYCELIUM is a network of fungal threads or hyphae - a mass of strands that often grows not only underground, but also thrives above in rotting tree trunks and other materials. What we call mushroom (hats and stems) are just the fruitful body of multiple interconnected organism - the mycelium running underneath.

MYCELIUM TEACHES US ABOUT THE POWER OF DIVERSITY AND COLLECTIVE INTELLIGENCE, SHOWING US THAT WE ARE SIMULTANEOUSLY MANY, INTERCONNECTED, AND ULTIMATELY ONE.





THE MAGIC OF **MYCELIUM**

MYCELIUM delivers and recovers information, not only among fungi but among all living organisms they touch. It consumes and transform what is dead, opening space, stimulating the growth of new, interconnected life. The silent network of fungi can be as small as the mushroom foot or as big as an entire forest.

At **MYCELIUM** retreat, we will gather many lineages together:

Traditional healers and scientists, past and future, different medicines and healing vehicles, varied perspectives and visions, diverse people and languages, humans, plants and fungi, individual´s inner healer and the great collective healer... that inspires us to be together as one consciousness.



WHAT IS INCLUDED IN **MYCELIUM** RETREAT?

Simultaneous and parallel Spanish to English translation will be provided.

BEFORE THE RETREAT

- Medical assesment to ensure participants are good candidates to take the medicine.
- 1:1 Preparation interview.
- Online resources to deepen your understanding of the medicines.
- Whatsapp group for communication.
- Online group preparation one week before the retreat

DURING THE RETREAT

From Thursday Dec 12th, 9:00 am until Sunday Dec 15th 3:00 pm*

- All meals and snacks.
- 3 nights in shared rooms*
- Lectures and teachings incorporating both related to western science and indigenous people views.
- ~~One~~ Holotropic Breathwork workshop.
- Flowering Bath(traditional preparation for psychedelic medicine)
- Niños Santos Ceremony (using psilocybin).
- Temazcal ceremony.
- Group integration sessions.

AFTER THE RETREAT

- Optional Kambo ceremony (cost not included)
- Online follow up group session.

* If you are not in Mexico City already, it´s recommended for you to arrive since Dec 11th. \$100 usd** (At 17.80 Fx pesos per us dollar) night at retreat´s venue. In case you need to stay the night of Dec 15th, venue night is \$140 usd

** Please check with Chiemi Yamamoto, around the date of payment to fix exchange rate in case adjustment is needed, f ex. May 2024 is closing at 16.55 Fx.





Casa Azul, Tepoztlán, México.

1 hour from Mexico City.

<https://casaazuldetepoztlan.com.mx/index.php/inicio/>

Cost **\$2,250 USD***

* At 17.80 Fx pesos per dollar, which is current year average. Please check with Silvia Yamamoto, to fix exchange rate around the date of payment ~~in case adjustment is needed~~, for example May 2024 is closing with a 16.55 Fx.



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(Silvia **Chiemi** Yamamoto)



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REGISTRATION

OUR EXPERTS ON THE FIELD



Dr. Carmen Amezcua MD.

Dr. Amezcua has more than 24 years of experience in health care leadership. Following her medical degree from UNAM, she received postgraduate degree in psychiatry from the National Institute of Psychiatry Juan Ramón de la Fuente with a specialty in adolescents and affective disorders.

As a part of her training, she worked on community mental health projects at Veterans Hospital in Madison, Wisconsin.

Trained in Psychedelics assisted therapy by IPI. She currently teaches courses in **endocannabinology**, medical cannabis, integrative psychiatry and psychedelic medicine. Dr. Amezcua is also an active participant in several community programs and NGOs.

Mother, cook, artist and self-declared social phobic.



Ron Siegel, PhD

Dr. Siegel is Assistant Professor of Psychology at Harvard Medical School, where he has taught for over 35 years. He is a long-time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about the applications of mindfulness and psychedelics in psychotherapy, while maintaining a private clinical practice in Lincoln, Massachusetts.

Dr. Siegel, is the co-editor of the critically acclaimed text, *Mindfulness and Psychotherapy, 2nd edition*; author of the bestseller *The Mindfulness Solution: Everyday Practices for Everyday Problems*; coeditor of *Wisdom and Compassion in Psychotherapy*; co-author of the professional guide *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*, among others. and author of the recent book: *The extraordinary gift of being ordinary: Finding happiness Right Where You Are*. He is a regular contributor to other publications, is codirector of the annual Harvard Medical School conferences on Meditation and Psychotherapy and Psychedelic Assisted Psychotherapy, and is a mentor in the CIIS program on psychedelic assisted psychotherapy.



**Silvia Chiemi
Yamamoto MA**

Chiemi was trained as psychologist by ITESO University. Master in Human Development (Humanistic Psychology) by Universidad Iberoamericana, and MBA by ITESM University. She has received advance training in Gestalt Therapy, Transpersonal psychology, Holotropic Breathwork, Craniosacral therapy, EMDR, trauma somatic approach, NLP, coaching, shamanism, active imagination and thanatology. She has served as faculty at Grof Transpersonal Training as well of universities and was trained in Psychedelics assisted therapy at IPI.

Chiemi has led change and diversity committees at corporations and NGOs, and contributed to Human Rights Campaign with corporations in Mexico. She has practiced psychotherapy for 20 years, and since 2005 has worked with non ordinary state of consciousness through holotropic breathwork and psychedelics.



**Alejandrina Pedro
Castañeda**

Alejandrina is a traditional healer of the Mazatec culture in Oaxaca, Mexico. She is trained in ancestral medicine and the use of sacred mushrooms in the Sierra Mazateca. Her knowledge is based on ancestral practices passed down from generation to generation, which have been used for centuries for religious and healing purposes.

Alejandrina supports the decriminalization of sacred mushrooms in Mexico, although this is a controversial topic among the collectives of the indigenous community. In Huautla de Jiménez, Oaxaca, Alejandrina performs healing practices, such as cleanses (purification rituals) and other treatments with medicinal plants. In her teachings, she shows that spirituality is rooted in the daily life of the Mazatec community, and sacred mushrooms are considered a tool for connection with the divine and healing.



Jorgelina Reinoso
Niche PhD

Dr. Reinoso, holds a degree in Ethnology, a master's, and a doctorate in Social Anthropology from the National School of Anthropology and History, ENAH. She completed two year CONACYT postdoctoral stay at the Institute of Social Sciences and Humanities of the Benemérita Universidad Autónoma de Puebla, BUAP.

Dr. Reinoso, is a member of the National System of Researchers, SNI. She has conducted extended periods of fieldwork in Otomi communities in the Sierra Nororiental of Puebla, and is author of numerous articles on the ritual use of entheogens among indigenous peoples, particularly the Otomi ethnicity and the use of Santa Rosa in the Huasteca mountains. Co-author, along with Dr. Antonella Fagetti, of articles related to psilocybe mushrooms in Mexico.



Diana Alvarado

Diana is originally from Yanga, Veracruz, Mexico. She started her spiritual journey spending three years at the Inga Kamäntsa community of Sibundoy Valley, Colombia, with Yage (Ayahuasca), tobacco and traditional purgative herbs. She studied the spiritual medicine and ancestral science of the Cofán community from Colombia and Ecuador, including minerals, stones, and quartz healing. During the last 5 years, Diana has worked and studied with Pajes and Txanas of Varinawa and Kamanawa tribes at Acre, Brazil, the medicines of Kamboo (Kambó), Rome Poto (diverse sacred tree ashes) and Huni (Ayahuasca), deep into the amazonian rainforest. Three years ago, she also started a journey with Wixarica community (also mistakenly named Huichol) in Mexico, studying their cosmogony and Hikuri (peyote) medicine, and organizing pilgrimages and ceremonies at the sacred altars of creation of the Wixarica region.



Andrés Sierra Restrepo MA

Mr. Restrepo holds a degree in Ethnology from the National School of Anthropology and History (INAH), a degree in Alternative and Complementary Medicines from MASACH, Puebla. Master's degree in Nutrition from the University of Development of Puebla and Master's in Sociology from UNAM.

Since 1983, he has trained in acupuncture, iridology, nutrition, juicing therapy, fasting therapy, apitherapy, silicotherapy, spinal adjustment, ozone therapy, magnet therapy, Bach flowers, herbal medicine, and orthomolecular medicine; in Mexico, the United States, Germany, France, Ireland, Colombia, Cuba, and Nicaragua; with masters such as Dr. Atom Inohue, Dr. Ives Requena, Dr. Santiago Rojas, Loic Le Ribault, and Alfredo Embid, among others.

He is author of various articles in the Mexican Journal of Political and Social Sciences, El Sol de Puebla newspaper, Holistic Medicine-Madrid-, SACBE, and others, and author of books on naturism, nutraceutical microalgae, and perspectives on HIV-AIDS, and he is instructor and speaker at UNAM, UAM, and Tec de Monterrey.

Andrés was host of the radio program "Health and Nature" from 2008 to 2014 (Romántica 1380 AM). Guest appearances on natural medicine on radio (XEW, Radiorama, XEDF, etc.) and television (TV Azteca, Televisa, and Channel 26, Puebla). Since 2000, he founded and directs the Naturalmar Naturist Center where more than 10,000 patients have been treated.

A friend and student of the Wixarica (mistakenly called Huichol) worldview, since 1998 he has accompanied two generations of marakames from the Carrillo Carrillo family in pilgrimages, ceremonies, and rituals related to the culture of Hikuri (peyote, mescaline).





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FREQUENT ASKED QUESTIONS

Are there any additional activities I might ~~could~~ do if I stay further days before or after the retreat?

Transportation:

Secure taxi information for rides from and to airport or hotels will be provided.

A single ride from airport to Tepoztlan is around \$80-\$90 USD, so getting together in a group to share expenses is recommended. Tepoztlán is one and a half hours from Mexico City. Uber service is available in Mexico City.

Additional nights:

If ~~you plan to arrive~~ ~~someone wants to arrive~~ the day before ~~to stay more nights~~ at La Casa Azul retreat´s venue, ~~, there will be a special Price offer, but you need to do reservations in advance.~~ Additional night at La Casa Azul: \$ 100 USD (three meals included) was arranged for •Dec 11th night (~~consider that~~ calculation is on 17.80 pesos per ~~US dollar~~).

If you want to stay at Casa Azul venue after the retreat, \$140 USD per night (three meals included) for Dec 15th and after.

Tourist Short Rides:

We recommend you hire these rides on “Getyourguide” app. At magic town Tepoztlán, there are some touristic activities if you decide to come earlier or stay some days after:

- Local artisans and mexican and prehispanic food market.
“Las Estacas” Water Resort...
Hiking to the top of the Hill of Tepozteco archeological sites.

If you decide to stay at Mexico City, there are several places in the city or nearby to visit: Archeological site of Teotihuacan. Virgen de Guadalupe Shrine, Xochimilco, Coyoacán, Frida Kahlo´s house, Anthropology and History Museum., La Ciudadela artisans’ market,

What is the fungi medicine to be used?

Psilocybin is the psychoactive molecule found in over 200 mushroom species of psilocybe family. Psychoactive means that it acts on the central nervous system, altering thoughts, emotions, and perception of reality. The term "entheogen" is often preferred over "psychedelic" due to its positive connotation, meaning "god within". Users of high doses (over 2 grams of grounded shrooms) report profound experiences, often described as transcendental, spiritual, religious, or mystical. Used for millennia in traditional or religious rituals, recent studies are exploring its potential for improving well-being and psychological and spiritual self-exploration.

There have been many recent studies examining the therapeutic effects of psilocybin for mental health issues, including medication resistant depression, PTSD (post-traumatic stress disorder), anxiety related to cancer diagnosis, and alcohol or substance addiction, migraine, autistic spectrum disorders, and PMS (premenstrual syndrome).

Although more research is needed, it is generally believed psilocybin acts mainly as a serotonin receptors agonist (5-HT_{2A}). This unleashes changes in neuro activity and brain connectivity, that are likely linked to its psychedelic and therapeutic effect. In addition, it is suggested that psilocybin can help people to have introspective experiences that promote neuroplasticity and emotional problem solving. Interest in medical and psychotherapeutic potential has grown dramatically in recent years.

How much does retreat cost?

Send Whastapp to:



+52 55 5405 9355

Since dollar exchange rate needs to be adjusted to the \$2,250 USD originally calculated.



How is sacred medicine approached at this retreat?

This sacred fungal medicine is used with deep respect for the ancient indigenous traditions and as well as careful medical safety standards. Before the retreat interview will be held where you will be able to share personal questions. Reading material will be provided to prepare you for the experience. The medicine sessions themselves will be supervised by knowledgeable, experienced facilitators.

During the retreat, before using the medicine, we will explore its purpose, potential benefits and how to integrate the experience for personal growth. After the medicine experience, we will have time to begin the integration process. After retreat additional resources for integration will be offered.

What safety measures are in place during the retreat?


Participant safety and wellness is paramount. Detailed safety protocols, including those to ensure medical and psychological fitness to take this sacred medicine, will be followed. We will offer professional on-site in-session support, with a focus on individual, emotional and physical well-being. A low participant-to-facilitator ratio ensures personalized attention. We request that complete the intake questionnaires upon registration, to address potential issues in advance.

There is a Holotropic Breathwork workshop during the retreat. Are there any additional counter-indications to participate in it?

No, the criteria to be cleared for psychedelic medicines are almost the same as for Holotropic Breathwork, just a special emphasis is made during the interview about luxations, recent bone fractures or epilepsy, due to the effects of voluntary hyperventilation and the possibility of body work.

How should I prepare for the retreat?

Preparation includes activities that support mental and physical well-being. These include regular meditation. Other activities you may find helpful for cultivating open mind and heart willing, a willingness to enter into inner self exploration, a healthy diet, and trying to avoid over-stimulation of the nervous system through tv, movies or social media. etc. Please, refrain from using mind-altering substances, including alcohol, and caffeine, for a minimum of 48 hours before the retreat.



What should I bring to the retreat?

A detailed packing list will be provided upon registration, **usually** including **suggestions for** comfortable clothes, personal items, a journal for personal reflection, and an open, receptive mindset.

Are there prerequisites for participating in sacred medicine sessions?

Yes, you will be asked to participate in a careful evaluation, to ensure suitability for taking this sacred medicine and holotropic breathwork, including a health questionnaire and personal interview. Ensuring safety and creating an optimal set and setting is our priority to ensure a positive and enriching experience.

Can I use this sacred medicine if I have bipolar disorder?

A complete psychiatric evaluation is necessary to assess if you are candidate to take the medicine and the breathwork . **People with** **Hypo-maniac or** maniac episodes may exacerbate with psilocybin. **While** there have been reports of people with bipolar-related depression , benefiting from psychedelic-assisted psychotherapy , because of the lack of data and some clear risks , we would not have you participate in medicine sessions . The same hypothesis apply to holotropic breathwork for a short term workshops.

Can I use this sacred medicine if I have schizophrenia?

There are reports pf psychotic episodes being triggered by psilocybin , so psilocybin **and** other entheogens are generally not recommended for people with schizophrenia.

Can psilocybin help if I'm in crisis?

Psilocybin may bring clarity to unresolved issues, but because it can be destabilizing, it ´s usually not **best to** try during or **immediately** after a crisis. At the 1:1 interview it can be discussed. Please inform us of any life situation or important changes **s** that might be happening.



I am in immediate after-birth period, and I am having brain fog, and my energy is so low, can I take this sacred medicine?

A complete psychiatric evaluation needs to be done to **rule out** post-partum depression. The post-partum period has several hormone changes and “baby blues” are normal. But given mother’s vulnerability **during this time**, it is important to work together with your Ob-Gyn to decide on your suitability. If you fulfill all other requirements and will not breastfeed after the experience, your participation might be considered.

Can I continue my medications/supplements and take this sacred medicine?

Consult in advance with your doctor and/or psychiatrist before combining treatments, remembering that there is always a risk in substances combinations. Antidepressants and psychiatric medication may need to be discontinued before the experience (time of full suspension may vary from 48 hours to several days), and on many occasions, discontinuation needs to be done gradually. Please inform us of any medications you are using, as guidance from a psychiatrist is important.

