



The Magical Mycelium Solstice retreat in Portugal

19th – 23rd June 2023

Hello Cosmic Travelers,

I am inviting you to a very magical retreat that will take place in a beautiful location called Cara Creek Eco Lodge, a slice of paradise in the heart of central Portugal.

I, Estella, will be organising this retreat and I invite you to take part as we embark on a 5 day magical journey, we will welcome in the new moon and the summer solstice, the longest day of the year for sunlight.

Joining Estella to facilitate and hold space will be cosmic sister Jacqui and cosmic brother Arachai. As well as our Cara Creek Eco Lodge hosts, Ashley and Rory that will provide us all the comfort and delicious nutritious food for our nurturing time there.

What to expect from Cara Creek Eco Lodge

- A biological swimming pool with an infinity edge overlooking the valley
- A hobbit style wood-fired sauna
- A solar & wood-fire heated hot tub
- A magical swimming creek
- A clay mudbath on their private river beach
- A cosy indoor Studio space
- A covered outdoor Shala with panoramic views of the valley
- A fire-pit to gather around in the evenings
- Stand Up Paddle Boards to explore the Mondego River lake just 30 meters away
- Spaces for one-on-one therapies, indoors and in nature
- Plenty of nice shady and sunny spots in nature to read, to meditate, to be
- Hiking routes at our doorstep to nearby destinations such as a waterfall, more river beaches, and a neolithic dolmen site



What to expect from our magical retreat together

The retreat will start on Monday 19th June and finish on Friday 23rd June, through our week together we will embark on a journey of deep connection to ourselves, nature and our own natural rhythm as we guide the channel of our bodies and the vibrations they carry to its optimum pace, balancing our nervous system so that you can tune in and allow your creativity to flow effortlessly!

Nestled in the central heart of Portugal immersed in nature with natural springs, rocks, trees, rivers and streams surrounding you and supporting you through your journey into deep connection, being fed by Cara Creeks Chef using local organic produce, you will be feeling nurtured throughout your time there.

We will work with Cacao, a beautiful heart opening medicine that works on a subtle level yet can aid so powerfully in the release of tension, oxytocin and connect you to the bliss hormone, inviting in a sense of peace for you to step more fully into your potential, aligning deeply to your own truth.

We will connect with Hapeh, a Brazilian mix of plants and natural tobacco powder, a powerful medicine for clarity, cleansing parasites & negative energies. You will also be shown how to use both medicines correctly so you can invite them in as a medicine for you to continue in your life as you choose.

We will eat the powerful medicinal fungi magic mushrooms (psilocybin) together in ceremony to open you up to a different state of consciousness in a safe and held space with your guides, we will connect to the energy in the space that will encourage you to completely surrender to the process to allow the magic to work in a loving way.

There will be different healing modalities used throughout the week by your qualified experienced Medicine guides who have dedicated their lives to their own healing, this work and learned forms from their own linages, travels and teachings.



Healing Modalities that will be getting used

Expression of Rhythm

A heart opening practice using the beat of our own drum, voice, movement and creativity to express, whether through words, sound & group connection as we all combine our energies into a place of rhythmic weaving, bringing in the sound of drums as an aid to encourage your creative expressions.

B-Dynamic Breathwork

A healing modality method that creates a way to safely release dense emotions which can manifest as anxiety, stress, fear, sadness, guilt, shame, heartache or anger.

The body, the mind and the soul know what needs to be released, letting go and letting flow without experiencing the original trauma that created the emotional state in the first place.

You will feel more centred, grounded and relaxed. Perfectly partnered with the medicine as you continue your healing journey.

Kundalini Yoga & Meditation

This experience offers something for everyone regardless of age, fitness, body type or physical condition. Considered “The Mother of All Yoga” it is an ancient form of yoga that is having a resurgence.

This powerful transformative technology is for anyone who wants to relieve stress, to be happier and more relaxed, to feel better, and to become more empowered and conscious.

Kundalini awakens the sensory, digestive, respiratory, muscular, lymphatic and skeletal systems and activates the glands to produce feel good hormones such as serotonin.

Healing Modalities that will be getting used

Ancestral healing

Connecting to your ancestral bloodline to understand how it could be linked to any fears and insecurities. Release ancestral trauma and emotional blockages to allow an abundant flow of love, joy, and creativity into your life. Invoke your spirit guides through shamanic journeying, sacred ceremony, and rituals. Open your heart to reconnect to your true ('higher') self, to anchor your soul purpose, and align with Universal Flow.

Movement medicine

We can shift and move energy around the body, tapping into the chakra system and beyond the energy field that surrounds the bodies magnetic field via free flow movement, this helps the energy to channel and have somewhere to go. Movement and dance have always been used in tribes and their rituals as a way of connecting to spirit, their ancestors, the earth and their own heart.

Sound healing

Many sounds from ancient vibrational tools and materials will be weaved into this retreat to help release stuck trauma, move energy and encourage emotion into motion, sound helps to recalibrate the community of cells in the body by restructuring the water within helping to bring it into more of a form of sacred geometry which helps to bring it into a healthy form to encourage a healthy community within the physiological body, your home!



Healing Modalities that will be getting used

Benefits of Didgeridoo healing

The low frequency producing characteristic of the didgeridoo have been reported to provide relief to a wide range of joint, muscular and skeletal related pain as well as promote accelerated healing in various forms of bone trauma.

The didgeridoo's sound is an effective tool in releasing stored negative energy and/or emotional stagnation. A description one could give for the energetic clearing power of the didgeridoo is "it is like a reiki or qi gong power washer." It has been reported that the energetic clearing effects are similar to traditional five-element acupuncture.

The didgeridoo's unique tones enables listeners to easily enter the deep meditative brainwave states of theta and delta. It is in these brainwave states that we achieve our highest healing potential for both physical and mental health by re-engaging our mind body connection.

Wild swimming/ cold water therapy

Being blessed with our surroundings means we have an abundance of wild swimming spots. Cold water helps with depression, anxiety, releasing any unwanted negative energies, improves your mood and boosts energy levels. Helps to regulate the nervous system and bring about a state of bliss. There are so many benefits to cold water wild swimming.



The plant medicine journey

Rapé medicine

Rapé is a mix of powdered tobacco and ash from medicinal plants from the Brazilian Amazon Jungle. It is an ancestral medicine from the Amazon tribes, they call this 'medicine of the thoughts'. This medicine is used to clear your mind, it helps to silence the busy mind and bring peace and clarity. It can be used to help you focus on activities and was traditionally used before hunting. Now this medicine is used for a variety of illnesses such as sinusitis, allergies, asthma, fever, parasites as it cleans the body especially the nasal passages and stomach.

Cacao Ceremony

Cacao is a sacred, heart-opening medicine that has been used in ceremony for thousands of years by tribes in South & Central America. The ceremonial grade cacao that we use in our retreats and events is unprocessed and alive in spirit, with a soft feminine energy and powerful healing effects. On a physical level, cacao can help us form new pathways in our brain to release serotonin & dopamine, bringing feelings of joy and bliss; it's also full of beneficial minerals such as magnesium, copper, zinc & iron which nourish our bodies. On an energetic level, cacao helps to open the heart and release blocked emotions & stagnant energy.

Sacred Mushroom Ceremony

Psilocybin mushrooms are a heart-opening plant medicine that will be used to connect us deeper to our ancestors and clear any blockages from the heart chakra during a sacred ceremony. The experience of taking mushrooms with appropriate dosage, intention and setting are often profound and transformational. A wide range of physical and mental issues/imbances can be traced back to trauma, unhealthy patterns of behaviour, stress and struggling with identity. Mushrooms are an incredibly powerful healing tool to facilitate experiences of bliss, higher understanding and interconnection with the universe, and in doing so, treat physical and mental issues/imbances right at their source. You will be fully supported in a safe and comfortable environment with experienced facilitators which will allow you to fully relax into the experience.

Who are your guides

Estella is the creator and events organiser of the Conscious Buddy community, an energy worker, ancestral healer, Yoga teacher, plant medicine guide, Conscious DJ and dance facilitator and has been working with the human mind, body, and spirit for over 20 years.

Estella's experience and vast training will help you to come into a deeper state of embodiment for the ceremonies which simultaneously evokes your own spirit to trust the process for you to fully surrender into the medicine journey.

Estella

Estella trained and got initiated into the medicine of Cacao in Mexico and has been working with the medicine for the last 7 years in ceremonies & events. Working with a cacao cultivated in Chiapas Mexico, Estella travelled to the land in February 2022 connecting with the community there, honouring the land and learning the history and culture behind a medicine that has become so widely used in the west.



Estella has been working with psychedelic plant medicines for healing for 6 years and connected to the use of mushrooms for therapy in a deeper way in the last 4 years, the initiation process of this through her shamanic training has meant her connection into the spirit realm and guides have strengthened, realising she comes from a powerful line of healers in her family line and discovering some hidden codes, she realises she plays a key role in the collective healing of a new earth.

Estella is devoted to this path and dedicates her time to learning and discovering from those who carry the wisdom for generations, however, she truly believes we all carry wisdom in our blood and DNA and knows the plant teachers help us to remember what is already stored within when we learn how to listen.



Who are your guides

Jacqui



Jacqui is a kundalini yoga & meditation teacher, reiki master, breath worker, holistic life coach, NLP practitioner. Jacqui's spiritual journey accelerated in 2017 having experienced Ayahuasca and multiple medicine journeys since. Her awakening to her spiritual path includes stepping into the role of medicine woman.

Jacqui is the founder and creator of Beachyjax Healing Hub in Huddersfield. Beachyjax Maloka is a purpose-built medicine retreat nestled at the side of a nature reserve in the holme valley.

Estella & Jacqui's connection

Estella & Jacqui have been running mushroom/plant ceremonies together this last year in the Maloka after Jacqui got connected with Estella from a plant medicine retreat with wachuma that Estella co-hosted in 2021, the connection meant that Estella mentored Jacqui to connect deeper to the mushrooms and ignite the medicine woman already within which has led to Jacqui now running the ceremonies with her own spirit guidance with deep reverence, devotion and respect to the process, in turn protecting her and the space in which the ceremonies are carried out.



Who are your guides

Arachai

Inspired by his travels around the world, Arachai weaves together the instruments of the Handpan, Didgeridoo and voice to take you on a journey of sound and vibration.

Arachai intuitively creates macrame Jewellery and receives orders from people all over the world to aid them in their own medicine work.

He is a wisdom carrier, taking his music, inipis (Sweatlodges) and healing sounds to many festivals, workshops and retreats.

Estella ran a festival in the summer called “Back To The Roots” and invited Arachai to come and play with his band after Estella had been introduced to Arachai’s music and started to play the songs at her ancestral healing circles and conscious dance events. Estella instantly connected to the wisdom and medicine Arachai carries and felt sure to weave this collaboration into more offerings.



The retreat will start at 4pm Monday and finish at 12 noon on the Friday. The full schedule will be released at least 2 weeks before.

Food

Garden fresh meals prepared by Cara Creeks retreat chef, who create a menu based on the needs of each retreat. All ingredients locally sourced.

The food created will be based on vegetarian dishes, if you have any dietary requirements or intolerances please contact Cara Creek directly to inform them before your stay.

info@caracreekecolodge.com



Booking info

Price of retreat is £999 shared 2 singles or double or £1888 single occupancy room.

For more information on the properties and the retreat space of Cara lodge you can visit
<http://caracreekecolodge.com/the-eco-lodge/accommodation/>

To hold your space a £150 deposit is required, please email estella@consciousbuddycommunity.com for an invoice and payment details.

Please note deposits are non-refundable, however may be able to be transferred onto a future retreat.
At least 14 days' notice before the date of the retreat needs to be given.

You can also spread your payment in instalments

Example –

£150 deposit – October
£141.50/£290 – November
£141.50/£290 – December
£141.50/£290 – January
£141.50/£290 – Feb
£141.50/£290 – March
£141.50/£290 – April
Total = £999/£1888

Or you can pay more or less as long as the final balance is paid off by April 30th 2023

Once invoice has been sent to you the payment details for the deposit remain the same for all payments.

Under special circumstances there will be a couple of concession spaces available, please contact estella@consciousbuddycommunity.com to apply

Requirements for booking

At this stage it is also important to discuss any illnesses you have, including mental illnesses and depression and we need to know if you are on any medication.

If you have never worked with or sat in ceremony with Estella before then a 15 minute call will be arranged before any booking can be made.

Deposit is non refundable and for full terms and conditions and refund policies check out
<https://www.consciousbuddycommunity.com/terms-and-conditions>

Please email estella@consciousbuddycommunity.com

Travel information

Fly to either Porto or Lisbon, then you will need to get to Coimbra via train

Train link - <https://www.omio.co.uk/trains/>

From Porto to Coimbra it is around 1hr 15min

From Lisbon to Coimbra it is 2hrs

Train costs roughly £15 one way

There is a possibility we can arrange a transfer for you from Coimbra to the retreat centre if enough of you arrive there at a similar time. Or you will need to get a bus from Coimbra to either one of these places - Carrregal do Sal, Oliveira do Hospital, or Tabua. Where we will pick you up from.

There is also a possibility to arrange a shuttle bus transfer from the airport, once more bookings come in and flights have been booked we can then assess whether there is enough of you arriving at similar times to the same airport for there to be a transfer arranged.

The retreat will start at 4pm on the Monday so you will need to time the flight and travel for you to arrive with plenty of time.

From my experience of running many retreats for the last 7 years, when soul family get called in to come together for this beautiful work, the universe always provides a way for our journey to be exactly what it is meant to be, the only thing that gets in the way is our own mind.

Listen to the soul and the heart will follow
Blessings and love Family, I cannot wait to see you in the heart of nature for what's going to be a very nourishing retreat together.