



SYNTHESIS

# Three Must-Haves for Choosing Your Psychedelic Experience

# Introduction

---

Welcome! You've joined the thousands of people worldwide who are interested in attending a psychedelic retreat for personal transformation.

Scientific and medical research is showing the benefits of psychedelics for personal well-being and transformation. This growing understanding of how to curate a safe and optimal environment for psychedelic ceremony is helping more and more people feel comfortable with the thought of taking a legal psychedelic substance at a dedicated psychedelic retreat.

But with the many dozens of psychedelic retreats across the world, no regulatory body to oversee them, and few with professional training, they will vary in their content, integrity, and safety.

When it comes to ingesting mind-changing molecules, we believe there's no room for half measures.

We've compiled three must-haves for an optimum psychedelic retreat, based on the most recent research and time-tested psychedelic knowledge. All three are factors that we take very seriously at Synthesis. If a retreat doesn't come prepared to offer these three essentials, we suggest looking somewhere else!

# Must-Have #1: Medical Supervision

---

Although [psilocybin](#) is one of the safest natural substances known to humanity, that doesn't mean it should be taken lightly.

Feeling safe and well-looked-after in a psychedelic ceremony is one of the most important factors in ensuring you have a positive and transformative experience.

Being able to totally let go and immerse yourself in the ceremony, while knowing you are totally safe, is crucial.

In all [scientific studies of psilocybin](#) in clinical environments, there has not been a single medical emergency. We believe that's partially because the researchers who ran these studies knew how to set up a safe and comfortable environment, with adequate medical supervision.

So at Synthesis, we go to great lengths to make sure that all our guests are as safe as possible.

As well as requiring all our participants to fill out an in-depth health screening form, to make sure we are aware of any and all underlying health conditions, we have healthcare supervision at every single one of our retreats.

This means we have a qualified paramedic on hand during every ceremony, ready to provide medical aid if required. We also have a well-established emergency protocol, allowing us to respond quickly in the unprecedented event of a medical emergency.

Despite psilocybin being non-toxic, non-addictive, and having very few dangerous contraindications, we believe that a safe ceremony is an [effective ceremony](#). When you know that you and everyone else at your retreat has had their medical risk minimized, you can totally focus on your own transformational process.

# Must-Have #2: Professionalism and Standards

---

A good retreat will have a professional team, a responsible mission, and high standards of care and inclusion.

First and foremost, this means employing experienced facilitators with world-class qualifications.

At Synthesis, our team of facilitators is second to none, ranging from qualified integral therapists, to medical physicians, to breathwork facilitators. We even have a leading vegan chef on the team, providing you a balanced and wellness-focused experience.

The mission of the retreat should be to provide a safe and effective experience of personal transformation, while considering larger responsibilities of inclusion and accountability.

Our retreat is inclusive of everyone; regardless of age, race, background, gender, religious and spiritual beliefs, or sexual orientation. We offer a scholarship program for people who may struggle to attend the retreat for financial reasons. Our genuine mission is to introduce psychedelics to mainstream culture in a responsible way, so that the people who could benefit the most will be able to access them.

Great care is taken to ensure a high standard of guest privacy, transparency within our organization, and corporate accountability. Everything we do is legal, and our guests can enjoy total privacy and anonymity. We operate under an open book accounting system, a conscious business model that aims to make us fully accountable to the public.

Finally, we make sure that our ceremony space is of a high quality. This means our environment is carefully curated to be comfortable and luxurious. Our [venue](#) is well-equipped, secluded, and spacious. Our [food](#) is nutritious, heartwarming, and responsibly-sourced. Our [psilocybin truffles](#) are known to be fresh, safe, and contain no artificial substances, with known ingredients in known amounts. We carefully calibrate your dose

based on your current state of mind, your personal sensitivity, and your background. Our [guides](#) are extremely professional and remain sober throughout the retreat. We adhere to the latest clinical and scientific guidelines for psilocybin ceremonies, and keep an effective, secular, and modern balance between science and traditional knowledge.

The result is a psychedelic retreat with high standards, high attention to detail, and unmatched professionalism.

*“This is part of the human biology to have these kind of integrative experiences that can set the stage and the platform for remarkable personal change.”*

- Dr. Roland Griffiths



# Must-Have #3: Preparation, Support, & Integration

---

This is where a psychedelic retreat can really stand out from the rest.

Research has shown that the best way to find benefits from a psychedelic experience is to have thorough preparation, support, and integration.

**Preparation** encompasses professional guidance from your facilitators before the retreat. The preparation should be designed to inform you about exactly what to expect from the retreat, to educate you about psychedelic ceremony, to introduce you to your facilitators, and to set you up with some daily practices to get you in the right frame of mind for transformation. At Synthesis, all our guests meet their facilitators online before the retreat, and are given resources to help them start to build up techniques that can become very useful later on.

**Support** means that you are given every opportunity to dive deep into your intentions and potential transformation during the retreat itself with personalized guidance. We don't have large groups of 40-100 people in one session. Instead, we have an average of 12-16 people at any given retreat, with 5-7 facilitators present to support participants through the full range of psychedelic experiences. Additionally, at Synthesis we provide [1-on-1 sessions with facilitators](#) during all our retreats, to help you get the best guidance on your goals for the retreat, and the best advice on how to approach the ceremony. The retreat program is also carefully curated to provide a number of important practices that have been shown to potentiate the psychedelic experience and boost your well-being; group workshops, meditation, self-reflective journaling, and breathwork.

**Integration** is the process of understanding and embodying the psychedelic experience, and incorporating its lessons into your everyday life. It is a crucial part of the Synthesis retreat, and the process can last many months after the ceremony itself. It will involve 1-on-1 integration coaching with your facilitator during the retreat, and learning how to



develop ongoing practices that help you transform the psychedelic experience into tangible benefits for your life back home. Synthesis offers integration workshops and facilitation during the retreat, an additional group call after returning home, and the option of additional integration coaching sessions from your facilitator after the retreat.

All of the preparation, support, and integration offerings at Synthesis have been designed from a combination of the latest scientific research, long-standing traditional psychedelic wisdom, and the expertise of our lead facilitators. We believe we curate an optimal environment for personal transformation and well-being, unlike any other.

*“With psilocybin, we discover that we do not have to look outward toward the futile promise of life that circles distant stars in order to still our cosmic loneliness. We should look within; the paths of the heart lead to nearby universes full of life and affection for humanity.”*

- Michael Pollan



# Is Synthesis Right For You?

---

We believe access to the transformational power of psychedelics should be available to everyone, if risks are responsibly mitigated.

Our retreat is designed to maximize the change of transformation for all of our guests, and we hope that our review scores reflect this: on average, [participants rate the retreat 9.7/10](#), with our lowest score so far at 8/10 (Out of 60 testimonials from our 450 total guests so far).

Synthesis accommodates all beliefs and backgrounds, making the retreat an inclusive and welcoming space for anyone from the complete novice to the advanced psychonaut!

If you're interested in experiencing the Synthesis retreat for yourself, sign up to one of our [discovery calls](#) and find out if Synthesis is right for you!

*"Our mind is coherent with the world, and when we do not repress the intuitions that link us with other people and with nature, we can become aware of our oneness with the universe."*

- James Oroc