

AWAYK

The Onsite Retreat

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1 Introduction

WELCOME



Welcome

At Awayk we offer more than just a psychedelic retreat – we offer a journey of self-discovery. Our approach is unique, deeply personal, and meticulously tailored to meet your needs and aspirations. This brochure invites you to explore the heart of our program: the onsite psychedelic experience, a profound three-day and two-night journey set in the serene embrace of nature.

It is our mission to guide high-achieving entrepreneurs, business owners and business professionals, like you, on a transformative journey to master the full spectrum of holistic success.

Our Vision

At Awayk, our vision is to redefine the boundaries of personal development and self-discovery through the power of psychedelic experiences. We envision a world where the mind's untapped potential is accessible to all, where individuals can explore the depths of their consciousness in a supportive and nurturing environment. Our approach is holistic, combining the mystical aspects of psychedelics with grounded, scientific understanding and personalized care. We aim to create experiences that are not only life-changing in the moment but continue to resonate and inspire long after the journey has concluded.

Meet Maarten & Pieter

Pieter Schlooz - Co-founder

Pieter is renowned for his understanding of the human psyche. His approach is rooted in a deep understanding of the mind and its intricacies. Pieter's expertise extends beyond the realm of psychedelics; he is a connoisseur of human behavior, emotions, and thought processes. His philosophical insights and psychological acumen make him an exceptional guide, capable of navigating the complex landscapes of the mind with ease and sensitivity.

Maarten Lindenberg - Co-founder

Maarten blends his understanding of the business world with a profound grasp of spirituality and the nuances of the ego, bridging the often disparate worlds of corporate dynamics and spiritual growth with deeper self-awareness and fulfillment. His blend of spiritual wisdom and business acumen creates a unique and powerful experience, enabling participants to emerge with a renewed sense of purpose, both in their careers and personal lives.





A once-in-a-lifetime,
groundbreaking
experience

2 Program Details of the Onsite Retreat

DAY ONE - SETTLING IN

Relaxation and Calming of the Mind and Body

The primary objective of the first day is to help you transition into a state of relaxation and calm, preparing both your mind and body for the profound journey ahead. This process is essential for creating an environment where you can fully engage with and benefit from the psychedelic experience.

Ease into Tranquility

Your journey begins with an airport pickup. Upon arrival, you'll be introduced to the tranquil surroundings of our retreat. This is your time to settle in, familiarise yourself with the environment, and begin the process of unwinding. The serene setting is designed to ease you into a state of calm, helping you to disconnect from external stresses and tune into your inner self.

Breathwork Exercise with Guusje

To further aid in relaxation and mental clarity, Guusje, our experienced breathwork facilitator, will guide you through a conscious connected breathwork session. This is a circular breath technique where inhalations are immediately followed by exhalations without pause, which brings on non-ordinary states of consciousness. This exercise is not only a relaxation tool for relaxation but also an introduction to the practice of letting go of the thinking brain, setting the stage for the deeper work to come.



DAY ONE - SETTLING IN

Dinner

As evening falls, you and your fellow participants will gather for dinner. Our private chef prepares a healthy, nutritious, and vegetarian meal, based on the seasons. Naturally, our chef ensures that the meal is balanced and caters to dietary preferences. It is designed to be both satisfying and in harmony with the journey ahead. But this dinner is more than just a meal; it's an opportunity to connect. We can share stories and expectations in a relaxed and friendly atmosphere.

Evening Session: Revisiting Intentions and Navigating the Experience

The evening session is designed to ensure that you are fully prepared, both in mind and spirit, for the experience that awaits.

The session begins with a revisitation and sharing of the intentions. This helps to focus your mindset on what you wish to achieve or explore during your psychedelic journey. This reaffirms your purpose for embarking on this journey and strengthens your connection to the experience.

The latter part of the session is dedicated to equipping you with best practices and tools for navigating the psychedelic experience. We will share insights, strategies and breathing techniques to help you navigate the journey effectively. You'll learn about the importance of surrendering to the experience, embracing vulnerability, and maintaining an open mind. We'll discuss how to handle challenging moments and the power of embracing whatever the experience brings. These discussions are not only informative but also empowering, providing you with the confidence and readiness to fully engage with the transformative process.

DAY TWO - THE MAGICAL EXPERIENCE

Mindful Breakfast

The day begins with a small, thoughtfully prepared breakfast, offering nourishment that is light yet energising.

Silent Walking Meditation

Following breakfast, we will embark on a silent walk through the beautiful forrest which surrounds the retreat. This walk is an exercise in mindfulness and presence, allowing you to connect with nature and your own inner thoughts. This experience helps in calming the mind and grounding the spirit, setting a serene tone for the psychedelic journey.

The Psychedelic Journey

After the walk we will serve the psilocybin containing truffels (fully legal in The Netherlands), prepared as a delicious miso-soup. As you begin the psychedelic journey, you'll find yourself immersed in an environment thoughtfully designed to enhance your experience. Central to this setting is a premium hi-fi audio system. The power of music in psychedelic therapy is well-documented, and our state-of-the-art sound system ensures that every note and tone is experienced with clarity and depth, creating an emotionally resonant and empowering auditory experience. The music played during your journey is not just background sound; it's a carefully curated playlist, selected to complement and enhance the different stages of the experience. This playlist is designed to evoke emotions, guide introspection, and support transformative insights, aligning perfectly with the ebbs and flows of your psychedelic journey.

Participants will be invited to lay down comfortably, each with their own space, equipped with eyeshades to encourage inward focus. This setup is designed to minimise external distractions and create a personal sanctuary where you can delve deeply into your own consciousness.

DAY TWO - THE MAGICAL EXPERIENCE

Transitioning from the Journey

As the psychedelic journey concludes, you'll find yourself in a unique state of mind, where the usual dominance of the thinking brain or ego is lessened. It's a time of heightened receptivity and vulnerability, where the insights and revelations from your journey are fresh yet delicate.

Preserving and Reflecting on Insights

Just as the vividness of dreams can fade with time, so too can the insights gained from your psychedelic experience. This is why immediate post-journey reflection is crucial. This period of reflection is not so much about analysis but about preservation and acknowledgment of the experience.

Light Activities and Connection with Nature

To aid in this reflective process, light activities are offered, along with the opportunity to reconnect with nature. These activities are designed to be gentle and grounding, allowing you to process your experience in a calm and nurturing environment. The natural setting of the retreat provides a perfect backdrop for this, offering a peaceful space where you can wander, reflect, and gradually reorient yourself to the external world.

Evening Gathering: Sharing and Initial Integration

In the evening, during dinner and afterwards, the group comes together for a gathering where participants are encouraged to share their experiences. This sharing is a powerful part of the integration process, as it allows you to vocalise your journey and hear others' perspectives.

DAY THREE - INTEGRATION

Shared breakfast

The final day at Awayk begins with a large, hearty breakfast. We are talking pancakes, yoghurt, fresh fruit, croissants and bagels and fresh orange juice. This provides an opportunity to nourish your body and serves as a communal gathering point, offering a chance to share initial morning reflections.

Transforming Insights into Actionable Steps

The core of day three is dedicated to revisiting and consolidating the insights gained. This is a crucial phase where we guide you through various exercises to create practical, actionable steps and practices that you can incorporate into your daily life, ensuring that the profound revelations of your journey translate into lasting personal growth. It's about making the insights of your journey accessible and relevant to your everyday existence, empowering you to make meaningful changes that resonate with your newfound understanding.

The retreat concludes with a transfer back to the airport. As you journey back to your everyday life, you carry with you not just memories but transformative insights and practical tools that will continue to shape and enrich your life.

Extending Support Beyond the Retreat

While day three marks the conclusion of your physical journey at Awayk, it is just the start of your integration process. Recognizing the importance of ongoing support, we offer additional virtual integration sessions following the retreat. These sessions are an essential part of ensuring that the insights and changes you begin to implement are nurtured and sustained over time.



3 Locations



Retreat locations

Our locations are spacious, with places to come together and room for yourself. All participants have their own bedroom.

All are located in the middle of Netherlands most beautiful nature, where a natural stillness, peacefulness and ease is found. Perfectly matching its intention to let you find inner peace and joy.





5 Contact

The specifics of our program, while carefully planned, are fluid and adaptable to the unique setup of each group. We understand that the collective energy and individual needs of participants can vary, and our approach is to tailor these elements accordingly.

The music that fills the air, the nourishing meals prepared by our chef, and the exercises we engage in are all thoughtfully adjusted to resonate with the group's dynamics and individual preferences.

From the very first day, you'll notice that our retreat is not a one-size-fits-all experience. The journey is shaped by who you are and what you bring to it. We are skilled in creating a space that responds to the needs of each individual, ensuring that your experience is as unique as your own life story.

We are here to guide, support, and facilitate, but the journey is unmistakably yours. The insights you gain, the transformations you undergo, and the memories you create will be deeply personal. At Awayk, we provide the canvas, but the masterpiece that emerges is entirely your own.

Join us at Awayk for a retreat experience that adapts to you, ensuring that every moment is aligned with your path to personal transformation. Here, every detail is more than a plan; it's a response to your journey.

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