

Transformation begins **from within**

A 3-month psilocybin microdosing experience with personal coaching and 6 months of group support. A discreet ally that eases fear, sharpens focus and presence, and brings a quiet clarity — without disrupting your daily life.



Ritshi Zenati
YOUR GUIDE
Coach TPLC
Life & Spiritual Guide

3 MONTHS **€399**

SHIPPING INCLUDED



01 AWARENESS FIRST What is microdosing?

Transformation begins the moment you start to notice your inner dialogue and observe your emotions as they arise. That awareness is what allows you to calm your mind and shift the patterns that no longer serve you.

Microdosing becomes a discreet ally in this process. It's a subtle support that helps you grow, while gently revealing that true transformation always comes from within.

02 DAILY LIFE Bring the medicine into your daily life

Microdosing means taking a small, non-psychoactive dose — no visions, no deep process. You keep working, driving, running your meetings and living your day, yet you feel subtly boosted and different.

You plan your microdoses across different moments of the week and the day to observe your thoughts, connect with your emotions and start shifting your perspective — changing habits, transforming from within. Until the days off begin to feel like the days on.

EASES
Fear & inner resistance

SHARPENS
Focus & presence

BRINGS
A quiet clarity

WHAT SCIENCE SAYS ABOUT PSILOCYBIN

- **Brain health:** research points to neuroplasticity and neurogenesis
- **Wellbeing:** reported improvements in mood, sleep, focus and clarity
- **Under study** for treatment-resistant depression, social phobia and anxiety

03 FOCUS · PRESENCE · SELF-AWARENESS Microdosing Program · 3 Months **€399**

THE PROGRAM INCLUDES

- **3-month supply:** dried Cubensis psilocybin mushrooms, delivered discreetly and anonymously to a pickup point of your choice
- **3 complimentary mini-doses** to experiment with
- **Precision scale** (0.001g sensitivity) for safe, accurate dosing
- **Free access** to 7 Self-Discovery Quizzes and 4 Kundalini Quizzes

COACHING & SUPPORT

- 1 preparatory coaching session
- 3 follow-up calls (20-30 minutes each)
- 1 integration session to reflect on and ground your experience
- Educational materials and a journaling template
- 6 months of group support, a sharing circle and exclusive workshops



04 GOOD TO KNOW Important details

SHIPPING · 7-10 DAYS · COSTS INCLUDED

Spain France Italy Belgium Luxembourg Netherlands Poland
Portugal Switzerland (French borders only)

United States & Canada: we do not ship substances.

LEGALITY ADD-ON

€149

Basic Training Support

Where psilocybin remains restricted, learn to cultivate your own mushrooms in full compliance with local regulations. UK residents purchase the grow kit separately. Some countries are not eligible.

PROGRAM EXTENSION

€149

3 more months

The essentials to keep you going, without the coaching.

GO FURTHER

Microdosing Coaching Training & Certification

[LEARN MORE →](#)

05 AFTER YOU REGISTER Next steps

1

Receive your kit

Once confirmed, I dispatch your precision scale with the dried mushrooms or grow kit by post — delivered anonymously to a locker near you.

2

Schedule your sessions

Book your launch session and your follow-up calls.

3

Join the support group

Sharing, learning, live testimonials, and more guidance and practices.

Some reading: [microdosing articles on our blog](#) →

BEGIN YOUR JOURNEY

Start your **free evaluation**.

REGISTER

BOOK A CALL

WHATSAPP

WEBSITE

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