

Retreats, guidance and training for lasting change

Since 2017 we have supported more than 2,000 people through lineage-backed plant medicine retreats and one-to-one guidance, combined with a science-based, therapeutic approach.



Ritshi Zenati

FOUNDER
Coach TPLC
Life & Spiritual Guide



WHERE TO START?

KNOW YOURSELF

7 Self-discovery and
4 Kundalini Quizzes
• Workshops

DAILY LIFE

Microdosing
Psilocybin Program •
3 months

LIFE & SPIRITUAL GUIDANCE

Coaching & Practices



01

MONTHLY • FRENCH, ENGLISH, SPANISH

Monthly Plant Medicine Retreats

OUR RETREAT STANDARD

How every retreat works

- Small groups of 8-15 people
- Exhaustive screening
- Tailored preparation, 2-3 weeks before
- Live medicine music
- Advanced & professional integration
- One language per retreat
- 2-3 ceremonies with live music
- Individual integration
- Post-retreat group call follow-up
- All inclusive, venue in nature

City	Ayahuasca / Yagé	Kambo • Bufo Alvarius	Yopo	San Pedro	Mushroom • Changa • IMAO	Rapeh • Sananga
Barcelona ²	•	•	•	• ¹	•	•
Mallorca	•	•				•
Malaga	•	•		• ¹		•
Bern	•	•	•	•		•
Hamburg	•	•	•	•		•
Oslo	•	•	•	•		•

Included: accommodation, food, beverages.
No extra cost, when available: Rapeh, Sananga, IMAO, Changa, Magic Mushroom.
Optional, extra cost: Kambo • Bufo Alvarius, Yopo, San Pedro.

¹ Special dates • ² 2 retreats, one dedicated to French speakers and another to English Speakers

EXCLUSIVE • LATIN AMERICA

- **Iboga treatment** in Tulum, Mexico • open all year round
- **Jungle retreat** in Colombia • Putumayo and Tayrona National Park

02

PRACTICES & LANGUAGES BY CITY

Integration workshops during retreats

City	Group Dynamics	Family Constellation	Somatic Work	Body Work	Inner Child	Shamanic • Energy • Heart	Languages
Barcelona	•	•					FR, EN, ES
Mallorca	•	•	•	•	•		EN, ES
Malaga	•		•			•	EN, ES, DE
Bern	•	•	•	•			EN, FR
Hamburg	•	•	•	•			DE, EN
Oslo	•	•	•	•			EN



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ON DEMAND

Private Sessions 1:1

City	Ayahuasca / Yagé	Kambo	Bufo Alvarius	Mushroom
Barcelona	•			
Malaga	•	•	•	•
Mallorca	•			
Hamburg		•	•	

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CHECK FOR DATES

Transformative Training

City	Kambo	Bufo Alvarius	Facilitator	Shamanic Kundalini	Microdosing	Languages
Online					•	EN, ES, FR
Barcelona	•	•	•			FR, EN, ES
Mexico	•	•				EN, ES
Malaga	•	•		•		EN, ES
Madrid				•		EN, ES
Portugal				•		EN, ES
U.K.				•		EN, ES

BEGIN YOUR JOURNEY

Start your **free evaluation.**

HEALTH FORM

BOOK A CALL

WHATSAPP

WEBSITE