

# 7

**VIP RETREAT**

## **PORTAL 7**

7-Week Transformation Program  
with Teacher Plants

Program Guide 2026

# Science and Research

*This is not shamanism. This is evidence-based practice.*

---

## **Johns Hopkins University**

Research center since 2000

## **Imperial College London**

Pioneering depression research

## **Beckley Foundation**

20+ years of research

## **FDA (USA)**

Breakthrough Therapy Status

---

## **Key research findings**

**67% depression reduction after 6 months**

**80% of smokers maintain abstinence**

**70% describe as one of 5 most important experiences**

# Important Information

**This process can be psychologically demanding.**

It may include:

- emotional discomfort
- confrontation with unresolved trauma
- temporary disorientation

---

**This is not a recreational experience.**

*If you are looking for entertainment — this program is not for you.*

# Retreat Location

Private villa in Europe • Portugal, Spain or Netherlands



Private bedroom — Separate bedroom for each participant

Ceremony hall — Fully equipped space for ceremonies



Private chef — Fresh organic meals daily

In nature — Far from city noise, peace and tranquility

*Exact location provided after qualification*

# Nourishment

*Food as part of the transformation process*

---

## **Before retreat (2 weeks):**

- No alcohol, caffeine, sugar
- No meat and animal products
- Avoiding processed food

## **During retreat:**

- 100% organic ingredients
- Vegan menu
- Freshly prepared
- Light meals on ceremony days

**Premium: Private chef + individual menu**

# STAGE 01

# Preparation

Weeks 1-3

---

## **What happens to you:**

Body and psyche begin to respond before the retreat.

## **Program:**

- Video calls with Guide once a week
- Neurohypnosis sessions (if needed)
- Working on intention — what you want from retreat
- Daily spiritual practices
- Cleansing diet

## **What begins to change BEFORE retreat:**

- increased emotional sensitivity
- doubts about participation
- fear of losing control

*This is a natural part of the process.*

**STAGE 02**

# Retreat

Week 4 — 7 days

---

## **DAY 1 — Arrival and Introduction**

Meeting and airport transfer  
Accommodation and rest  
Welcome ceremony  
Welcome dinner  
Safety briefing

## **DAYS 2-5 — Ceremonies and Integration**

---

### **Daily schedule:**

- Morning ritual and preparation
- Sacred ceremony with Teacher Plants
- Evening integration
- Sacred meal
- Preparation for sleep

---

**4 ceremonies with Teacher Plants**

**Full Guide support 24/7**

## DAY 6 — Recovery and Integration

*Restoring strength, integrating changes, and rest*

---

Morning ritual and meditation

Group integration session with Guide — sharing experiences, insights, emotions

Time in nature — walk, silence, rest

Breathwork and somatic practices

Sacred communal dinner — celebration of transformation

Evening in silence and gratitude

---

**Full day with the group and Guide**

**Gentle return to clarity and grounding**

## DAY 7 — Completion and Departure

---

Morning ritual

Sacred farewell meal

Gratitude, exchange of contacts

Airport transfer

---

*End of retreat stage. Beginning of new life.*

# Three phases of the process

---

## **Phase 1 — Deconstruction**

Breakdown of established identities and defense mechanisms.

## **Phase 2 — Confrontation**

Meeting suppressed emotions and fears.

## **Phase 3 — Reconstruction**

Forming new structure based on truth.

## STAGE 03

# Integration

Weeks 5-7

---

### **What happens to you:**

Stabilization of changes. Without this, transformation is not lasting.

### **Program:**

- Video calls with Guide once/week
- Integration tools
- Support in change process
- Access to community

---

**Integration is MANDATORY.**

# What this process requires

---

- **Readiness for uncomfortable truths**

*Not everything will be pleasant.*

- **Abandoning old self-images**

*Your identity may be an obstacle.*

- **Responsibility for integration**

*What you do after returning determines durability.*

---

**This program does not work without your active participation.**

# What sets Portal 7 apart

---

Portal 7 is not built around peak experiences.

**It is built around:**

*structure, not chaos*

*integration, not escape*

*responsibility, not dependency*

---

**The goal is not to feel better —  
the goal is to become more authentic.**

# Participant stories

---

## Alexander, 42 • Warsaw

Alcohol addiction

*"The craving disappeared completely. Inner silence stopped being frightening."*

### Result: 8 months without alcohol

## Marta, 34 • Krakow

Burnout, emptiness

*"The taste of life returned, lightness, energy."*

### Result: New direction in life

## David, 37 • Wroclaw

Substance addiction

*"The craving vanished as if someone flipped a switch."*

### Result: Full abstinence

*Names changed. Stories authentic.*

# Medical Process

*Your safety is the priority*

---

## **Before retreat:**

- Detailed health questionnaire
- Mental health history
- Consultation with Guide

## **Contraindications:**

- Active psychosis or schizophrenia
- Severe personality disorders
- Unstable heart conditions
- Pregnancy or breastfeeding
- Active suicidal thoughts
- SSRI, MAOI (requires consultation)

# Your Guide



## Igor

(Ihor Dovhoshchia)

**Neurohypnotherapist**

- Specialist in altered states of consciousness
- Helped dozens break free from addictions
- Works with those who lost meaning in life
- Works: Ukraine, Poland, Netherlands

# What's Included

---

## INCLUDED:

- ✓ 7-week program
- ✓ Neurohypnosis sessions
- ✓ 7 days accommodation
- ✓ Meals
- ✓ 4 ceremonies
- ✓ Airport transfer
- ✓ Materials
- ✓ Integration 3 weeks
- ✓ Community

## NOT INCLUDED:

- ✗ Flight
- ✗ Insurance
- ✗ Personal expenses
- ✗ Additional nights
- ✗ Visas

# Investment

---

**10,000 EUR**

## **Group VIP Retreat**

Up to 6 people | 7 days | 4 ceremonies

- Full 7-week program
- Accommodation + meals
- Airport transfer
- Integration 3 weeks

**20,000 EUR**

## **Premium Retreat**

1 person | Private villa | Personalization

- Everything from group +
- Entire villa for you
- Private chef
- Absolute privacy

**APPLY NOW**

# Upcoming Dates

---

## JUNE 2026

June 16-22 • Group VIP

Available: 6 spots

---

## PREMIUM

Individual date • On request

Available: 1 spot

*Contact to confirm availability.*

# Legal Information

---

## **Disclaimer:**

Portal 7 is not a medical facility.

Program participation does not replace medical help.

Ceremonies take place in legal jurisdictions.

Each participant takes part at their own responsibility.

## **Cancellation policy:**

- 30+ days: 80% refund
- 14-30 days: 50% refund
- <14 days: no refund

## **Confidentiality:**

All participant data is strictly confidential.

**Begin your transformation**

**APPLY NOW**