



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
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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 Dovhoshyia)

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:

- X Flight
- X Insurance
- X Personal expenses
- X Additional nights
- X 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