



PTSD, TRAUMA & ADDICTION RETREAT

An 8-day luxury healing retreat for trauma resolution, nervous system regulation and deep recovery



Tulum Nueve | Tulum, Mexico

18–25 September 2026

Mani

Accommodation, all meals, airport transfers, private cenote experience, medical assessments, care, support and integration included



WELCOME HOME

A private jungle sanatorium for deep healing,
restoration and recovery



Location

Tulum Nueve, Tulum, Mexico

Dates

18–25 September 2026



Led by

Mani

Focus

PTSD, trauma resolution,
addiction recovery and
nervous system restoration

Approach

Kambo, Ibogaine, Bufo,
preparation, care and
integration

Setting

Intimate, trauma aware,
private and deeply supportive

A carefully held retreat designed for
profound healing, regulation and reconnection.



LUXURY JUNGLE ACCOMMODATION

Boutique rooms and calming communal spaces
designed for rest, privacy and nervous system ease



Boutique jungle rooms

Comfortable, private
accommodation with warm
natural textures and a
grounded, peaceful
atmosphere.



What to expect

Air conditioned rooms,
beautiful bathrooms, quiet
corners, poolside relaxation
and easy access to
shared spaces.



Designed for recovery

A soothing environment
that supports rest,
regulation, reflection and
integration between
ceremonies.

Room allocations and accommodation options are shared upon booking.



MEET YOUR FACILITATOR & SUPPORT TEAM



*Trauma aware guidance, ceremonial care
and medically supported retreat holding*



Mani

Retreat leader and healing guide supporting emotional processing, nervous system regulation, spiritual insight and grounded integration.



Ceremonial Support

A carefully held ceremonial field that supports courage, safety, presence and respectful plant medicine work.



Medical Support

Assessments, screening, monitoring, care and recovery support are woven into the retreat process.



Held with depth, discretion and compassionate professional support.



WHO THIS RETREAT IS FOR

A deeply held container for those ready to heal trauma, regulate the nervous system and interrupt addictive patterns



This retreat may be for you if you are navigating:



PTSD, unresolved trauma or persistent survival responses



Addiction, compulsive behaviours or self sabotaging patterns



Fear, avoidance, emotional shutdown or nervous system dysregulation



A longing to feel safe, clear, connected and deeply supported



A readiness to reclaim your life and commit to real healing



WHAT MAKES THIS DIFFERENT

This is not an escape. It is a carefully prepared and supported healing container that brings together plant medicine, trauma aware care, integration and a luxury private environment.

WHAT YOU MAY LEAVE WITH

Greater regulation, emotional clarity, deeper self trust, renewed perspective and a stronger foundation for long term recovery.



SIGNATURE HEALING PATHWAY

Ceremony, support and integration woven into one deeply restorative process



1 Kambo Cleanse

Three preparatory days to clear heaviness, sharpen presence and ready the body for deeper work.



2 Ibogaine

A medically supported experience designed for profound insight, interruption of addictive patterns and trauma processing.



3 Recovery & Integration

Rest, care and support to allow the nervous system and body to integrate what has opened.



4 Bufo Ceremony

A powerful ceremonial experience that can bring perspective, release and a profound sense of reconnection.



5 Private Grounding Experience

A calming nature based experience to help reconnect, soften and land after deep inner work.



YOUR 8-DAY JOURNEY

A carefully sequenced process of preparation, medicine work, recovery and integration



01

18 September — Arrival

Arrive, settle in, receive orientation and open the retreat container.



02

19 September — Kambo Ceremony

Day one of Kambo preparation and cleansing.



03

20 September — Kambo Ceremony

Day two of Kambo preparation and cleansing.



04

21 September — Kambo Ceremony

Day three of Kambo preparation and cleansing.



05

22 September — Ibogaine

The central medicine day, held with preparation, support and care.



06

23 September — Rest & Recovery

A day for rest, recovery, nourishment and integration support.



07

24 September — Bufo & Private Cenote Grounding Experience

Ceremonial Bufo followed by a calming grounding experience in nature.



08

25 September — Departure

Close the journey, integrate and depart with support.



A more detailed schedule is shared with all confirmed participants.



INCLUSIONS & ENQUIRY

Everything you need to say yes to your healing



WHAT'S INCLUDED

- Accommodation
- All meals
- Transfers from Tulum airport
- Private cenote experience
- Facilitation
- All medical assessments required at the retreat
- Care, support and integration

ONE SPACE REMAINING

This retreat is intimate by design and there is currently one place remaining.

LOCATION

Tulum Nueve

Tulum, Mexico

READY TO ENQUIRE?

Visit: twinflameretreats.lovable.app
For retreat details and next steps

*A luxury, deeply supported retreat for trauma healing,
recovery and reconnection.*

