

THE MOXIE SCHOOL®

# IMMERSE

Creating Spaces for Healing

Join us for a **10-week life-changing immersive journey**, delving into community relationships and personal practices, including a **7 day adventure in Costa Rica**, where we'll explore plant medicine through the lens of Internal Family Systems (IFS).

10 weeks online

7 day Costa Rica Retreat

*IFS, Plant Medicine & You!*

## 10 WEEK IMMERSION

- CONNECT DEEPLY WITH YOUR PARTS
- GAIN MORE ACCESS TO SELF
- DEVELOP PERSONAL PRACTICES
- WITNESS IFS GUIDED JOURNEY DEMO
- CREATE COMMUNITY FOR A LIFETIME

## DETAILS

- 10 WEEK **ONLINE COMMUNITY**
- APRIL 22 - JULY 15, 2024
  - MONDAY 11:00 AM - 12:30 PM EST
- 7 DAY **COSTA RICA RETREAT**
  - JUNE 11-17, 2024



MORE DETAILS AT:  
[WWW.MOXIESCHOOL.COM](http://WWW.MOXIESCHOOL.COM)

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APPROVED IFS CLINICAL CONSULTANT

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# Immerse

A 10-week online program, with a 7-day retreat in Costa Rica, to develop your personal spaces of connection.

Exploring parts, personal practices, and expanded states of consciousness you will gain significant traction on your personal and professional development as a facilitator of healing.

## The Details

### Online Zoom Meetings

Monday's 11am -12:30pm EST  
April 22 - July 15, 2024

### Retreat

Holos - Costa Rica  
June 11-17, 2024

Immerse Video: [https://youtu.be/j5FIFpqYkyk?si=\\_Aizx15dPiyq2key](https://youtu.be/j5FIFpqYkyk?si=_Aizx15dPiyq2key)

Apply Now!

<https://forms.gle/U9M8CR6JzyTbb7UHA>

Join our intensive experiential program to apply everything you have learned about IFS Informed Psychedelic Assisted Therapy. Together we will go through the entire process of preparation through integration in a community setting. Created for both the seeker and facilitator, you will benefit from both sides of the experience.

During 6 weeks of preparation you will meet the community you will be traveling with. Together you will participate in peer parts work, exploring personal core themes. We'll explore setting intentions and working with invitations. And most importantly, we will explore creating your personal daily practices to ensure you have containers built for integration.

Daily personal practices create spaces to reconnect to Self, for parts to be held in presence, and for integration to occur on a regular basis.

Guest teachers will join us to support the tools of Breathwork, Meditation and other methods for supporting the journey inward; whether in IFS sessions, daily practice, or for navigating expanded states.

Finally, we will spend time exploring prep-points to guide ourselves inwards as well as facilitator tips and tools for supporting others.

At the midpoint of our time together we will travel to Costa Rica for a 7-Day Retreat where we will have ample time to explore both IFS Informed Guiding and Journeying. During this retreat you will have several options of plant medicines to safely partake in as the center we will be attending has legal clearance for plant medicine use.

Following the Costa Rica Retreat we will explore the many dimensions of Integration. We will explore what new dimensions to incorporate into your personal daily practices, parts to follow up with for Full Circle Healing, as well as how to implement anything your journey experience may have been prompting you towards.

## Schedule of Events

*Meets on Monday's from 11-12:30 EST*

Each meeting includes large group sessions as well as small-group breakout sessions.

During the large group we discuss the following topics, supporting the overall journey we are taking together.

During the small group breakout sessions, you will have the opportunity to share with peers your relationship to the topic discussed in the big group as well as have a chance to do a parts check-in to explore your parts needs and trailheads.

<b>April 22</b>	<b>Welcome Session</b> Program Orientation and Introductions
<b>April 29</b>	<b>Personal Practices</b> Containers to Connect to Self, Containers for Integration
<b>May 6</b>	<b>Breathwork</b> A tool for all occasions
<b>May 13</b>	<b>Hopes, Fears, Expectations, &amp; Core Themes</b> What wants to be worked with?
<b>May 20</b>	<b>Invitations &amp; Intention Setting</b> How to Trust, Surrender & Receive
<b>June 3</b>	<b>Facilitation</b> Guiding yourself or others in expanded states
<b>June 11-17</b>	<b>Costa Rica Retreat</b>

<b>June 24</b>	<b>The Story Matters</b> Sharing in Small Groups
<b>July 1</b>	<b>Parts Follow-up</b> Who's calling your attention?
<b>July 8</b>	<b>New Implementations in Personal Practices</b> Integrating what was shown to you
<b>July 15</b>	<b>Relationship to yourself and others</b> What shifts have you noticed?

## Preparation Sessions

All sessions leading up to the retreat will be in preparation for the journey we will all be embarking upon. Each session will point you towards parts that want to be personally explored within yourself. You will have experiential opportunities every session to incorporate parts work, personal practices, and small group processing to support you in a robust preparation for the retreat.

## Guided Retreat Sessions

The retreat will offer opportunities for several sessions to include:

- A demonstration of an IFS Guided Journey
- Opportunities for 1:1 peer-facilitated sessions with occasional support from lead facilitators to support parts oriented facilitation
- Large Group Journey
- Integration Circles
- Nature Immersion for deeper processing

Explore Holos! Click on the link below to explore more: [Holos Global](#)

## Integration

Post retreat integration is extremely important to the overall benefit of exploring immersive psychedelic experiences. During the 4 weeks post-retreat we will look at the multiple dimensions of integration and ensure you follow up with the many aspects that may come up for you. This includes integrating into your personal practices, parts work, as well as activating any new implementations the experience prompted you towards.

## Apply Now!

Please apply at the link below.

<https://forms.gle/U9M8CR6JzyTbb7UHA>

### **Upon completion we will contact you to discuss acceptance to the Immerse Program.**

It's important that you have prior experience working in expanded states (via {plant} medicine, breathwork, or meditation) as well as prior experience working with parts as either a client or practitioner of IFS.

If you are not a good fit for this program we can recommend other possibilities that may better support you at this time.

**Upon acceptance to this program, we will email you an invoice. Payment will indicate your acceptance into the program and your spot will be confirmed.**

### **Application:**

<https://forms.gle/U9M8CR6JzyTbb7UHA>

## Tuition

Early Bird Rate: \$4,695

This rate is available until March 22, 2024

\*\*\*save \$500

Regular Rate: \$4,995

This rate is available from March 23rd - April 19th, 2024

Registration Closes April 19th.

Tuition includes 10 weeks of online group meeting, content, and processing as well as the full tuition of the Holos 7-Day Retreat; room, board, ceremony, Blue Clay Waterfall Ritual, ground transportation from Quepos Airport to Holos. This price does not include your travel costs to Costa Rica, Quepos Airport or any additional medical screenings, psychological clearance.

Tuition may be paid in full.

No scholarships are available for the Immerse Program.

Refunds: No refunds will be given for this program, please consider your full ability to afford and commit to the Immerse Program.

Payment is required to hold your spot in the Immerse Program. Upon acceptance into the program you will receive an invoice to pay within 2 weeks of acceptance.

# DISCOVER Holos

JUNE 11-17, 2024



## *IFS Guided Journeys*

Witness the power of a full IFS Guided Psychedelic Assisted Therapy session. Facilitate and receive your own IFS & PAT session!



## *Paradise Setting*

Abundant waterfalls and peaceful spaces to help you connect with your inner self. Don't miss out on our Waterfall Ritual – a truly unique and immersive experience!



## *Life Changing Experience*

Immerse yourself in an environment of safety and wholeness to take your healing journey to the next level.

*Learn More*

<https://holos.global/>



## Disclaimers

This program is not a replacement for personal therapy.

Personal therapy is highly recommended in conjunction with this program. While we will explore parts and set intentions and do significant integration work together, it is highly recommended that you continue your personal therapy, or begin personal therapy in the event material greater than the capability of this program arises.

We are not held liable for any adverse medical events. Please consult with your physician to ensure that you are in good health for such activities. Consider any medical contraindications to include heart health and medications.

A health screening will be offered to you, or you can seek medical clearance from your personal physician. The Moxie Schools holds no medical liability for adverse medical experiences during the duration of this immersive experiential program.

Upon acceptance to the program you will receive further disclosures and agreements for participation.

## Facilitator of Healing Spaces

Heather Smith is a Certified IFS Therapist (Internal Family Systems) and an Approved IFS Clinical Consultant.

Heather started The Moxie School® in January 2022 where she offers workshops, courses, and mentorship for therapists, coaches, and guides who want to hone their expertise in IFS and Psychedelic Assisted Therapy. Allotting her time to both consultation and teaching has been a beautiful balance for her personally and professionally.

Developing her competency to teach and mentor IFS, Heather has completed IFS Levels 1 through 3 training, and has been a Program Assistant for several IFS Level 1 and Level 2 trainings. Heather has also completed A-D segments of MAPS Training as well as portions of the Compass Pathway psilocybin training. In addition, Heather has dedicated herself to her own personal therapy as a means to heal her own internal material and to also better support her professional work.



Apply Now!

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