



THE SENTINEL

PRICE SHEET

\$4000.00 | INCLUDES

A \$1000 NON-REFUNDABLE DEPOSIT IS REQUIRED TO SECURE YOUR SESSION AND COMMITMENT. THIS DEPOSIT WILL BE APPLIED TO YOUR FINAL INVOICE

INTAKE AND PREPARATION

ONE 2-3 HOUR MEDICINE SESSION, AS WELL AS PRE & POST INTEGRATION SESSIONS.

GILLIAN'S GUIDANCE THROUGH INTERNAL FAMILY SYSTEMS (IFS) AND PARTS WORK

TOTAL OF 10 HOURS INDIVIDUALIZED WORK

DURATION: 2 NIGHTS NEEDED

ADDITIONAL COSTS

LODGING/PER NIGHT	\$250.00
FOOD/PER PERSON/PER NIGHT	\$115.00
BODYWORK STARTS AT/PER HOUR	\$120.00
INTAKE FEE	\$150.00



THE SENTINEL

OUR FACILITATORS

TRADITIONAL CHINESE MEDICINE PRACTITIONER

- LENI NEUMEIER

REBALANCING MASSAGE

- DAYNA TAYLOR

THAI MASSAGE

- TYSON BARTEL

SHIATSU

- PETER RADOMSKI

SOUND BATH

- ROBERT BLACKMORE
- NOEMI KISS

YOGA

- JOSANA STARBUCK
- TYSON BARTEL

ADDITIONAL SERVICES

- NECTARA – INTEGRATION AND EDUCATION



THE SENTINEL

GENERAL SCHEDULE

DAY 1 (ARRIVAL DAY)

- DINNER
-

DAY 2 (MEDICINE DAY)

- BREAKFAST
 - BODY WORK
 - LUNCH
 - INTAKE - SET AND SETTING
 - JAGUAR SESSION
 - DINNER
-

DAY 3 (INTEGRATION DAY)

- BREAKFAST
 - INTEGRATION
 - BODYWORK
 - LUNCH
 - NATURE WALK
 - DINNER
-

DAY 4 (DEPARTURE DAY)

- BREAKFAST
- FINAL INTEGRATION
- DEPART



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In our ceremonies, we honour this sacrament for its sacred nature. The ritual typically involves:

1. Careful preparation and intention setting
2. Creating a safe, supportive environment
3. Guided administration of the substance
4. Experienced facilitation throughout the journey
5. Integration support following the experience

The experience itself is often described as a profound dissolution of ego boundaries, leading to a sense of unity with the cosmos.

Benefits and Therapeutic Potential:

Many participants report a wide range of benefits from their experiences:

1. Reduction in anxiety and depression
2. Increased sense of connectedness and empathy
3. Enhanced creativity and problem-solving abilities
4. Profound spiritual insights and mystical experiences
5. Release of long-held traumas and emotional blockages
6. Improved relationship with self and others
7. Increased mindfulness and present-moment awareness
8. Shifts in perspective on life and death

In our program, we've observed that Jaguar can be particularly effective as a "diagnostic" tool, helping to unveil underlying issues that can be reduced or disappeared.

Considerations and Cautions:

While the potential benefits are significant, it's crucial to approach Jaguar with respect and caution. The experience can be intensely overwhelming and is not suitable for everyone. Proper screening, preparation, and integration are essential components of responsible use.

As we continue to explore the potential of Jaguar, we remain in awe of its capacity to facilitate profound healing and transformation. Whether you're considering this path or simply curious about consciousness exploration, may this information serve as a stepping stone on your journey of self-discovery.

Remember, the true essence of this work lies not just in the momentary experience, but in how we integrate these insights into our daily lives, fostering greater compassion, authenticity, and connection with ourselves and the world around us.

With blessings, Richard Kay

THE SENTINEL PROPERTY

- **SPA ZONE:** LAKE FACING CEDAR-LINED HOT TUB, CEDAR SAUNA, OUTDOOR SHOWER, COPPER COLD PLUNGE TUB, PATIO. OPEN 24 HOURS (WITH CONDITIONS)
- **LODGE/GREAT ROOM,** ECLECTIC LIBRARY, PIANO
- **24 HOUR TEA AND COFFEE**
- **PATIO** OVERLOOKING THE SELKIRK MOUNTAINS
- **20' PICNIC TABLE**
- **BEACH ACCESS** (700 FT OF LAKEFRONT)
- **6 ACRES** OF PRISTINE FOREST PROPERTY
- **SPACIOUS SUNROOM**
- **MALOCA:** YOGA MATS, MEDITATION CUSHIONS, TRI-FOLD MATS, DRUMS, GONG, BLANKETS

