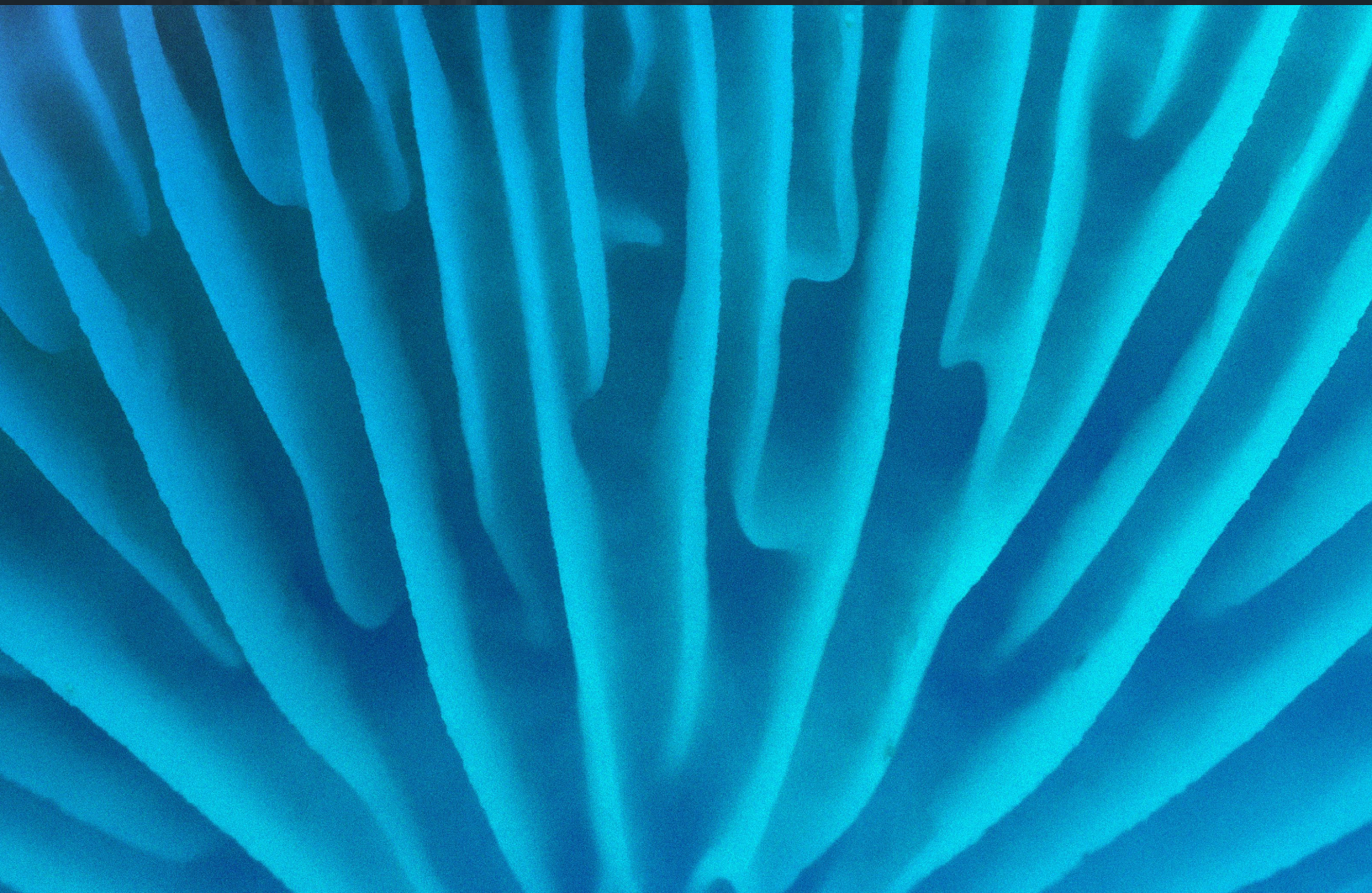


TEOSM

IMMERSION





Our TEOSM Immersion program is a powerful multidisciplinary process designed to bring about profound shifts in your mental and emotional well-being.

This transformative 11-day experience includes two TEOSM ceremonies, daily Unmuzzle Your Power Animal™ self-regulation practices, full access to a state-of-the-art biohacking center, a sensory deprivation float, an energy healing bodywork session, a session with an internationally recognized somatic therapist, and an Andean gratitude ceremony (despacho) in a sacred nature setting. This convergence of elements offers a powerful opportunity for you to let go of past experiences and rediscover your highest self.

To ensure your journey is as deep and safe as possible, we provide you with a comprehensive daily practice routine* and offer dietary recommendations to follow in the month leading up to your immersion. Equally vital is the support we provide after your visit. Our integration practices, spanning a month, are designed to help you solidify the new mental patterns cultivated during your stay. We understand that the human mind tends to gravitate towards familiarity, and that's why we're committed to breaking free from old rhythms to nurture exponential growth.

Our mission is to guide you toward lasting transformation, and we're here with you every step of the way.

For information on TEOSM [click here.](#)



Day 1:

Your TEOSM Immersion Begins

Our arms and hearts are wide open. We'll pick you up from the airport, or if you prefer, you can rent a car for your stay. If you choose not to rent a car, we will arrange transportation to each scheduled session based on your preference.

You'll stay with us during the nights of the TEOSM ceremonies, ensuring both your safety and our ability to communicate thoroughly after a bit of rest. You'll have accommodations stocked with fruits, snack bars, and prepared meals. If necessary, we will provide a light meal before starting the journey. (It's not recommended to visit the biohacking center on a full stomach).

The Biohacking Center: A Powerful Start

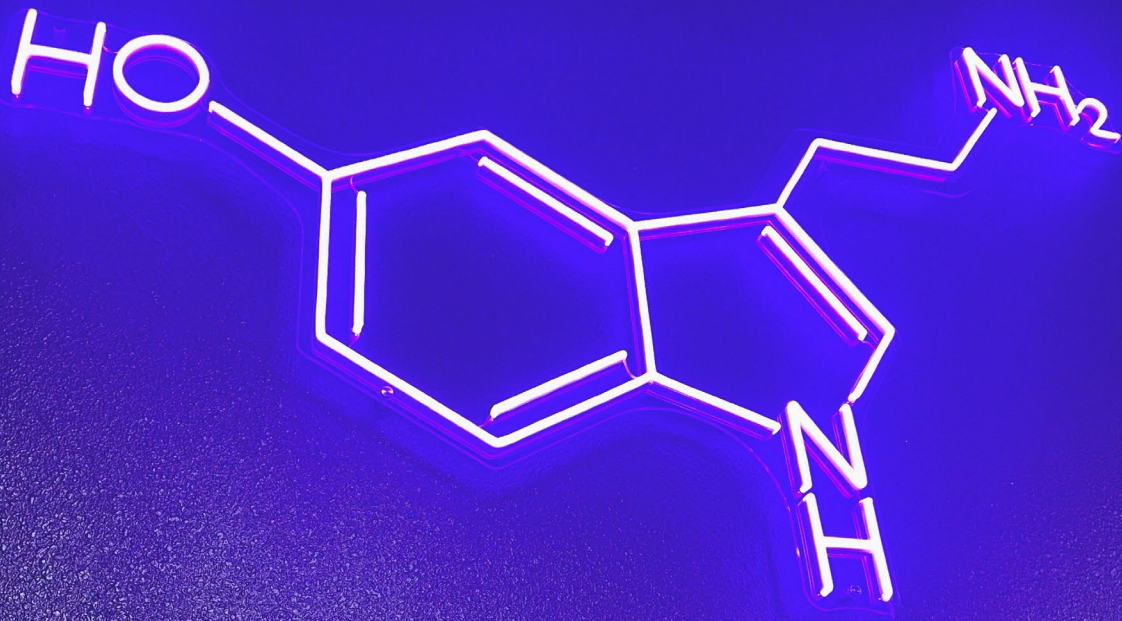
After you've settled in and dropped off your belongings, we'll head to Evolve Human Optimization LabsTM in San Antonio for an hour of immersing ourselves in the Unmuzzle Your Power AnimalTM practices.

Breathwork Journey: Unlocking Emotions

After visiting the biohacking center, we will proceed to e-motion wellnessTM for a technology-enhanced 9D breathwork session. This transformative experience helps release stored emotions from the body and fosters visionary insights.

Dinner and Home: Your Choice

As the day progresses, we'd love to take you out to see downtown San Antonio and have a meal on the iconic Riverwalk. However, if you prefer additional rest and relaxation, you can head straight to your comfortable accommodations to enjoy a reheatable prepared meal.



Pre-Bed Ritual: Preparing for Rest

As you retire for the night, indulge in 30 minutes of soothing binaural beat meditation through the provided headphones. This will help you unwind and focus your thoughts.

Day 2:

Embrace Rest and a Reset

Today begins with rest and rejuvenation. Feel free to wake up at your own pace. Spend some time at Evolve Human Optimization Labs™ alone to go through your daily practices or complete them at your accommodations.

TEOSM Ceremony: Dive into Transformation

We'll convene at 6 p.m. for the first TEOSM ceremony. Communication with words will be minimal as we delve into altered states of consciousness, staying connected to the earth through our breath. Expect to be engaged well into the early hours. We provide a nourishing meal and comfortable accommodations.

Day 3:

Integration and Care

At 10 a.m., we'll discuss the previous night's experiences. The day leans towards deep relaxation, meditation, and contemplation, allowing your body to catch up after the profound experience. If you would like, we can take you out for a meal.



Float: Nourishing the Senses

Scheduled for the late afternoon is a sensory deprivation float in saltwater at [Float™](#), San Antonio's premier wellness spa.

Pre-Bed Binaural Beats: Preparing for Sleep

End your day with 30 minutes of a binaural beat meditation on headphones to unwind and focus your thoughts,

Day 4:

Unleash Your Power

We gather at our home at 10 a.m., where we engage in discussions about feelings, realizations, and perceptions. We then dive into the Unmuzzle Your Power Animal™ practices, complemented by a Singa ceremony (mapacho tobacco tea).

Biohacking and Gym Session: Balancing Body and Mind

Following the practices, we head to Evolve Human Optimization Labs™ for an hour of play, enjoy a light meal, and hit the gym for a conscious workout.

Pre-Bed Binaural Beats: Nighttime Serenity

End your day with 30 minutes of a binaural beat meditation to unwind and focus your thoughts.



Day 5:

Continuation of Unmuzzling

At our home, we convene at 10 a.m. to share feelings and perceptions. This is followed by the daily Unmuzzle Your Power Animal™ practices and a Singa ceremony.

Biohacking and Gym Session: Amplifying Vitality

Following our morning practices, we head to Evolve Human Optimization Labs™ for another hour of invigoration. A light meal fuels us for our gym session, where we continue to prioritize our overall wellness.

Pre-Bed Binaural Beats: Preparing for Slumber

End your day with 30 minutes of a binaural beat meditation to unwind and focus your thoughts, promoting restful sleep.

Day 6:

Preparation for the Next Ceremony

Today is yours to embrace at your own pace. Spend time at Evolve Human Optimization Labs™ for light practices, or complete your daily routines at your accommodations. Consider a late afternoon nap or a restful period to prepare for the upcoming TEOSM ceremony.



TEOSM Ceremony and Meal: Delving Deeper

Arrival at our home is scheduled for 6 p.m. We'll engage in a conversation before the ceremony, discussing feelings, expectations, and goals. The night may extend into the early hours. Afterward, a meal will be shared, and you will have a place to rest at our residence.

Day 7:

Reflection and Relaxation

Gather at 10 a.m. with tea and discussions about our experiences. We would love to share a meal together, or you can choose to spend the day in more solitude. This day allows for introspection and calm, aligning physical and etheric aspects. Nature outings and gentle biohacking practices are encouraged.

Ultimate Rejuvenation: Mobile Massage Therapy

Our talented massage therapist brings her healing touch of bodywork and energy healing for two hours at your location.

Pre-Bed Binaural Beats: Evening Tranquility

End your day with 30 minutes of a binaural beat meditation on headphones to unwind and focus your thoughts.



Day 8:

Continuation of Unmuzzling

We convene at our home at 10 a.m. to share any new insights, followed by Unmuzzle Your Power Animal™ daily practices and a Singa ceremony.

Biohacking and Gym Session: Sustaining Vitality

Following the practices, we head to Evolve Human Optimization Labs™ for an hour or so of play, enjoy a light meal, and then the gym for a conscious workout to manifest and heal further.

Pre-Bed Binaural Beats: Preparing for Rest

End your day with another 30 minutes of a binaural beat meditation to unwind and focus your thoughts, promoting restful sleep.

Day 9:

Healing and Self-Care

Have a two-hour session with Kirsten Wilkinson, an internationally acclaimed trauma-informed somatic therapist.

Concretizing New Beliefs: Embrace the Biohacking Center

Spend some time at Evolve Human Optimization Labs™ alone to go through your daily practices or complete them at your accommodations.



Pre-Bed Ritual: Evening Harmony

End your day with 30 minutes of a binaural beat meditation to unwind and focus your thoughts, promoting new mental programs.

Day 10:

Ceremony in Nature: a Despacho

We set off on a journey to honor nature with an Andean gratitude ceremony (despacho) at a beautiful and sacred nature spot. Post-ceremony, we will go out to eat.

Pre-Bed Ritual: Evening Tranquility

End your day with 30 minutes of a binaural beat meditation to unwind and focus your thoughts.

Day 11:

The Journey Culminates

Engage in the final Unmuzzle Your Power Animal™ practices with us, participate in a conscious workout, and share a meal together or enjoy one on your own.

A Fresh Perspective: Embracing Transformation

A profound exploration of self, well-being, and transformation will have occurred.



The Month After:

Integration and Ongoing Support

We provide you with a recommended one-month daily practice schedule for integration. We're here to support you with scheduled calls one week out and two weeks out. If you would like additional support, please let us know.

INVESTMENT: \$10,000

10% of profits are donated to support indigenous villages in the Andes.



Frequently Asked Questions

What is TEOSM?

TEOSM is a transformative shamanic ceremony blending ancient and modern technologies. Through various practices and rituals, we release stored emotional energy, reframe past experiences, and reimagine the future. Please review TEOSM for more details.

Where do I stay after the TEOSM ceremonies?

You will stay with the hosts during the nights of the TEOSM ceremonies to ensure safety and our ability to debrief the experience after some rest. You'll have accommodations stocked with food for the other nights.

What is the significance of the Biohacking Center visit?

Evolve Human Optimization LabsTM is a convenient and powerful center with many biohacking tools to optimize your resilience. Ice plunges, red light therapy, saunas, and vibration therapy help us release stored emotional energy. Read more about the center [here](#).

Is transportation provided?

Yes, transportation is arranged for the immersion. You are welcome to rent a car at your own expense.



Can you explain the sensory deprivation float mentioned for Day 3?

The sensory deprivation float involves floating in salt water to allow the body to expand, remineralize, and restructure. The lack of sensory input allows the mind to drift into a deep state of theta meditation where you can use affirmations to reprogram the subconscious mind.

What is the role of the mobile massage therapist mentioned on Day 7?

The mobile massage therapist helps you relieve any stagnant contractions or stress as well as recharge your body after two very energy-intensive experiences. Trauma-informed bodywork can deepen the healing after a ceremony.

How can I continue my journey after the 11-day TEOSM Immersion?

We are here to provide ongoing support and integration practices for one month after the TEOSM experience, including two scheduled calls for further guidance.

Are there additional costs involved, aside from the initial TEOSM Immersion cost?

The document outlines covered offerings. Please refer to the specific details for each day. While traveling, you may forget to bring comfort items or necessities, which you can pick up at convenience stores. If you would like additional support, one of us can attend the biohacking session on days you are scheduled to go alone. The cost variation would be \$150 per session. You may also desire different meals at your own expense.



Can you provide more information about the charitable aspect of TEOSM (the donation to indigenous villages)?

10% of the profits from TEOSM are donated to Golden Threads, a non-profit organization. This partnership ensures that the charitable aspect of TEOSM directly benefits the indigenous villages in the Andes, fostering reciprocity and mutual respect while helping these communities thrive. It reflects our commitment to ethical and culturally sensitive practices, as well as our acknowledgment of the invaluable wisdom and heritage of indigenous peoples.

How can I learn more about the TEOSM Immersion facilitators?

For more information about the facilitators, here are links to their bios:

- [Desiree Lee Bybee](#)
- [Alejandro Villegas](#)
- [Kirsten Wilkinson](#)
- [Tabitha Rogers](#)

