

Stream	Name	Description	Time	
Mindfulness				
	Insight meditation (Vipassana)	<p>This 90-minute session offers space for practitioners with some meditation experience to deepen their practice. Each class begins with a dharma talk exploring themes from the Buddhist path—such as impermanence, compassion, and working skillfully with the mind—followed by a guided insight (vipassanā) meditation and time for reflection in community.</p> <p>This drop-in is best suited for those who already have a foundation in mindfulness or meditation. If you're new to practice, we recommend starting with our Intro to Meditation Workshop, where you can build the basics before joining the weekly insight series.</p> <p>Together, we cultivate steadiness, clarity, and wisdom—one breath at a time.</p>	90 min	
	Meditation training	<p>This 4-week course (90 minutes per session) provides a practical introduction to meditation rooted in the Buddhist tradition of insight (Vipassanā) practice. Designed for beginners, the program blends guided instruction, short teachings, and in-person practice with take-home meditations to support your learning between sessions.</p> <p>Over four weeks, you'll explore:</p> <ul style="list-style-type: none"> • Mindfulness of breath to strengthen attention and focus. • Mindfulness of the body as a foundation for emotional balance and regulation. 	6 hrs	

		<ul style="list-style-type: none"> • Everyday mindfulness practices to bring calm and clarity into daily life. <p>Each class includes guided practice, an educational component, and time for reflection. By the end of the program, you'll have the tools to establish your own meditation practice and experience the proven benefits of mindfulness for well-being, resilience, and self-understanding.</p>		
	Feel. Accept. Move On.	is a 3-hour experiential workshop based on the Mindfulness-Based Interoceptive Exposure Task (MIET) from MiCBT. Through guided practice, education, and reflection, participants learn to turn toward difficult bodily sensations and emotions with mindful awareness rather than avoidance. By observing qualities like mass, temperature, and movement, and cultivating equanimity, the practice helps reduce fear and reactivity, fostering emotional balance, resilience, and a greater sense of freedom. This workshop includes live guided instruction, group discussion, and take-home practices to support ongoing integration.	3 hrs	
Cannabis with intention				
	Kintsugi Within: Cannabis, Mindfulness, and the Art of Healing Brokenness	A 4-hour experiential workshop that explores how our cracks and wounds can become sources of strength and beauty. Drawing inspiration from the Japanese art of kintsugi and the First and Second Noble Truths, we will use intentional cannabis practice and guided mindfulness to turn toward suffering with compassion, soften resistance, and explore new ways of holding what feels broken. Through meditation, reflection, and creative exercises, participants will be invited to re-assemble the self with care—illuminating the gold that runs through our own imperfect human experience.	4 hrs	

	Burning bright. Burning through.	Is a 4-hour workshop designed for those caught in the cycles of high achievement, perfectionism, and people-pleasing—the patterns that so often trace back to early childhood challenges. Through intentional cannabis use, guided meditation, and experiential practices, we will explore the roots of these tendencies and create space to shift from burning out to burning through. Participants will learn to meet their inner drive with awareness and compassion, transforming exhaustion into clarity, resilience, and a more sustainable way of shining in the world.	4 hrs	
	Wabisabi	Is a light-hearted, mindfulness-based workshop that invites us to discover beauty in imperfection and ease in the unfinished. Rooted in the Japanese aesthetic of wabi-sabi, this session explores unconditional self-acceptance through guided meditation, reflective group discussions, and meaningful connection with others. Together we'll practice letting go of the need to polish every edge, and instead celebrate the cracks, quirks, and humanity that make each of us whole.	3 hrs	
	Psychedelic Sound Adventure (PSA)	Is a guided 3-hour journey where intentional cannabis use meets immersive soundscapes and mindfulness practice. Think Soundbath with an elevated intention. Participants are invited to explore how music and vibration can deepen inner awareness, support emotional release, and spark creative insight. Blending live or curated sound with meditation, this workshop offers a safe and expansive space to experience cannabis as a plant ally for self-exploration, healing, and transformation.	3 hrs	
	Integration circle	60-minute virtual or in-person gatherings designed to support those who have experienced psychedelics on their own or as part of our psychedelic cannabis work. Through guided reflection, mindfulness practices, and compassionate dialogue, these sessions provide a safe and grounding space to make meaning of your experience, work through challenges, and bring insights into daily life. Integration is where the true transformation takes root—helping you translate altered states into lasting growth and well-being.	60 min	
	Before the Journey: A	A two-part, 2 hrs each, workshop designed to help participants build the inner skills needed for a safe and meaningful psychedelic journey. Drawing from	4 hrs	

	Mindfulness Series	evidence-based mindfulness practices, each session provides guided meditation, practical tools, and education on how awareness, equanimity, and intention can support the psychedelic experience. Participants will learn how to meet challenging emotions and sensations with stability, cultivate openness and curiosity, and set intentions that align with their values. Whether you're preparing for a future journey or simply deepening your practice, this workshop offers a grounded foundation for exploring expanded states of consciousness.		
	Intentional Psychedelic Preparation	Offered in three one-hour sessions with an experienced psychedelic guide. Two sessions focus on preparation—clarifying intentions, exploring mindset and setting, and sharing practical tools for navigating expanded states—while the final session provides follow-up support to reflect, integrate insights, and ground the experience in daily life. This is not therapy, but a wisdom-based process led by someone who has personally journeyed in this space and beyond, offering guidance, perspective, and presence to help you prepare for and carry forward the lessons of your psychedelic experience.	3 hrs	
	See your light. Love your dark.	Is an intentional cannabis workshop that invites participants to explore the hidden or denied parts of themselves through the lens of Jungian shadow work and mindfulness practice. Guided by the supportive qualities of cannabis as a plant ally, we will turn toward what we often push away—fear, shame, doubt, anger—and learn to meet these aspects with curiosity and compassion. Drawing from Jung's teaching that "one does not become enlightened by imagining figures of light, but by making the darkness conscious," this workshop offers a space to integrate shadow and light, fostering greater wholeness, authenticity, and freedom. Through meditation, reflection, and intentional cannabis practice, we'll explore how loving the dark becomes the doorway to seeing the light more clearly.	4 hrs	
	High intentions: virtual	Is a 3 hr virtual course blends mindfulness practice with the intentional use of cannabis. Guided by a facilitator, participants will be invited to set a clear intention, use cannabis as a supportive ally, and move through a structured	90 min	

		meditation practice to deepen presence, awareness, and connection. This session offers a safe and accessible space for both experienced meditators and those curious about combining plant medicine with mindfulness. Together we'll explore how cannabis, when paired with meditation, can help soften resistance, open the heart, and bring clarity to the mind—all from the comfort of your own space.		
	High intentions: Cannabis assisted meditation in person	Is a 90 min in-person mindfulness practice with the intentional use of cannabis. Guided by a facilitator, participants will be invited to set a clear intention, use cannabis as a supportive ally, and move through a structured meditation practice to deepen presence, awareness, and connection. This session offers a safe and accessible space for both experienced meditators and those curious about combining plant medicine with mindfulness. Together we'll explore how cannabis, when paired with meditation, can help soften resistance, open the heart, and bring clarity to the mind—all from the comfort of your own space.	2 hrs	
	Opening the heart with intentional cannabis use	Is a 4-week series (2 hours each session) exploring the four “divine abodes” of Buddhist practice—loving-kindness, compassion, appreciative joy, and equanimity—supported by low-dose, intentional cannabis use. Each week introduces one of the Brahma Viharas through guided meditation, dharma teaching, and reflection, with cannabis microdosing offered as a gentle ally to deepen openness, connection, and insight. Together we'll cultivate qualities of heart that soften self-criticism, expand compassion for others, and nurture balance in the face of life's challenges, while learning how mindful cannabis practice can enhance these timeless states of well-being.	8 hrs	
	Bhanga Pranayama	An intentional workshop combining yogic breath practices and cannabis as a sacred plant ally. Through pranayama, each breath becomes a wave of energy; through bhanga, intention takes root, guiding awareness inward toward balance and renewal.	2 hrs	
Cannabis education				
	Cannabis tasting	Is a 2-hour experiential session for those curious about diving deeper into the	2 hrs	

	with snacks	world of cannabis and developing a refined appreciation of its many dimensions. Like a wine or tea sommelier, participants will learn to explore and describe strains through their aroma, flavour profile, terpene expression, body feel, energetic qualities, and emotional or mental effects. Each gathering will highlight a selection of strains—different every time—paired with thoughtfully chosen snacks that complement the tasting notes and enhance the sensory experience. Guided conversation will invite participants to share impressions, compare notes, and explore how strain qualities can shape intention and practice. Whether you are new to cannabis or a seasoned enthusiast, this is a chance to develop your palate, expand your knowledge, and enjoy a mindful, delicious evening of exploration in good company.		
	The Intentional Budtender	Is a 4-part, 90 min each, workshop designed to support cannabis professionals in deepening both their knowledge of the plant and their skill in guiding others. Led by Moe, an experienced plant medicine guide, this series covers the essentials of cannabis cultivation, preparation, and use, while introducing intentional frameworks for engaging with cannabis as a healing ally rather than just a product. Participants will learn how to recognize and describe strain qualities, understand routes of administration, and foster meaningful conversations with clients and community members. With a balance of education, hands-on learning, and discussion, the training equips budtenders to serve with knowledge, integrity, and presence—helping others connect with cannabis safely, respectfully, and intentionally.	6 hrs	
	Her(b)	Is a 4 hour workshop designed to give women a welcoming, hands-on introduction to cannabis. Together we'll explore strains, terpenes, and preparation methods, while learning different ways to imbibe with intention and safety. The series also includes an accessible look at the endocannabinoid system and its unique connections to women's health, creating space for discussion, curiosity, and shared wisdom. With guided group conversations, experiential tastings, and practical exercises, participants will leave with both knowledge and confidence to make informed choices about cannabis—and have some fun along the way.	4 hrs	

	This is your brain on drugs	<p>Talking with young people about drugs can feel overwhelming, especially when fear and uncertainty are involved. This cannabis-positive information session is designed for parents who are worried about their children's drug use—or the possibility of it—and want guidance on how to respond with clarity and care.</p> <p>In a supportive, non-judgmental space, we provide up-to-date information about cannabis and other substances, explore common concerns, and offer practical strategies for open conversation. The focus is not on scare tactics, but on understanding: helping parents separate fact from myth, reduce stigma, and feel more confident engaging with their children in ways that build trust.</p> <p>By approaching the topic with knowledge and compassion, parents can create the conditions for healthier choices, stronger connections, and ongoing dialogue.</p>	90 min	
--	------------------------------------	---	---------------	--