

In Jamaica

NEW YEAR, NEW YOU

Join us in celebrating the New Year and embrace your new spiritual journey on the New Moon. We'll be together for 5 wonderful days filled with healing music, the Caribbean Sea and the warm hospitality of a Jamaican family home.

**5 DAYS
4 NIGHTS**

\$ 1,460

NOT INCLUDING AIRFARE,
TRAVEL INSURANCE, & TIPS

SOUND BATHS

SNORKELING

PLANT MEDICINE

GLASS BOTTOM BOAT

WATERFALLS & NATURAL POOLS

PRIVATE ISLAND LUNCH

STAY AT SERENITY VILLA

- Transfers from and to airport
- Nestled on a hill, take in stunning garden views
- Upstairs & downstairs verandas
- Quick 10 minute walk from the seafront

SCAN HERE
TO BOOK



I travel; You travel; We all travel with WeTravel!

Spend New Year's Eve on a Jamaican holiday and welcome in the new year with a special transformative ritual and ceremony to mark the transition to 2025. This is a small group experience which will be led by facilitator Gay Lynn Grigas LMHC, CAP.

Your experience will combine the medicine of the Jamaican lands with plant medicines to help us embrace the beauty and wonder that surrounds us in stunning Negril Jamaica.

Let's enter the new year with purpose, start fresh, and prepare to welcome the newest version of you! Connect with the land, sea, and a small, close-knit group of people who share the journey towards enlightenment.

Jamaica Your Way

Your 5-Day Itinerary



12/30/24

**Guests arrive
Serenity Villa's
nature scene**

Arrive and relax at our slice of paradise. Your Phoenix is Rising offers a soft place to land at Serenity Villa (we kept the name, how appropriate!).

12/30/24
Sunset

**Sunset beach walk to
Quality Sea Breeze
Restaurant and Bar**

A 10 minute walk and you cross the road and run right into this bar on the water. The frozen fruit drinks are like none other. You can have them with or without alcohol.

12/30/24
Evening

**Healing Vibrations
Sound Bath by YPIR**

Your Phoenix is Rising energy musicians offer a Sound Bath using crystal singing bowls, native drum, Djembe, Tibetan bowls, rain sticks, and many more.

2/31/24
Morning

**Glass bottom boat
and lunch on a
private island**

We spend the day exploring the sea with Captain Sheldon on his glass bottom boat. We snorkel two different areas and check out sunken shipwreck items. Finally, we will have lunch on a private island made fresh from the sea.

1/1/25 -
Morning

**New Year New You -
White Stone
Ceremony with Plant
Medicine**

White Stone Ceremony is to be a touchstone for the New Year. 1/1/25 is the first day of the New Moon and a good time for new beginnings and what we bring as gifts into the new year. Those who would like to have medicine needs to sign the waiver. Expect 6-8 hours for your medicine journey. You will be supported by facilitators and will be done on site at Serenity Villa.

1/2/25
Morning

**Nature's Baptism at
Benta River Falls**

Experience nature's baptism in over 40 pools and falls in this former plantation site. Open your heart to the River Mama and let her help you to remove anything else that may no longer be of service to you. Let it wash to the sea and feel refreshed and renewed. Leave the island lighter but more grounded in your true essence.

1/2/25
Evening

**Integration Group
(expect 2-3 hours)**

A safe space for people to share and talk about their experiences of non-ordinary states of consciousness. Additionally, educational information is offered and harm-reduction strategies for working with psychedelic substances. This is a peer-led circle of like-minded people who are curious about psychedelics and others with decades of experience.

1/3/25
Morning

**Breakfast and
farewell**

Enjoy your last day on the island and a promise to come back soon to Her healing waters!

Whats included:

- Lodging
- Food
- Transportation
- Medicine
- Island Excursions

Whats not included:

- Travel insurance
- Air fare
- Tips

Traveling alone?

If you would like to use the room alone without sharing with a partner (we have twin and Queen beds) you can have a single room but the room will cost you an additional amount. Rooms are based on double occupancy. Please email us for additional cost.

About Gay Lynn Grigas LMHC

I am a Licensed Mental Health Counselor, Certified Addiction Professional and experienced Psychedelic Therapist trained through the MDMA-assisted therapy program at the Multidisciplinary Association for Psychedelic Studies (MAPS).

About Donna & Norma of Serenity Villa & YPIR

Welcome to our home in Negril Jamaica I am a Registered Nurse and certified Nurse coach who believes in natural and alternative medicine. I have experienced all kinds of modalities for healing. The best modality that I have found is just rest and relaxation. I encourage my clients to connect to optimal health by hitting the pause button in order to replenish the body's energy.