

You're invited.

SPINOZA BIONAUT PROGRAM

'A profound journey of self-discovery and
deep transformation that will last a lifetime.'

The applications for the Bionaut Program
Spring Edition starting in April 2024 are
open now.

BECOME A BIONAUT

The Bionaut Program is a three-month transformational program designed to access your intuitive intelligence and let nature become the primary source of your health and wellbeing.





WE ARE A COLLECTIVE OF BIONAUTS

We explore inner worlds with fungi and flora. We discover outer worlds with friends and fellows. We guide people through fields of joy and support one another in moments of need.

WE ARE A HUMAN GROWTH COMPANY

It's our mission to transform people by reconnecting with nature. We offer tools and techniques to transform the mind and connect with the body in order to access a deeper intuitive intelligence.

WE OFFER AN INTEGRATED APPROACH

We are convinced that the benefits of psychedelics and the longevity of their effectiveness is highly increased by embedding them in nature and supporting them with meditative practices and music experiences.

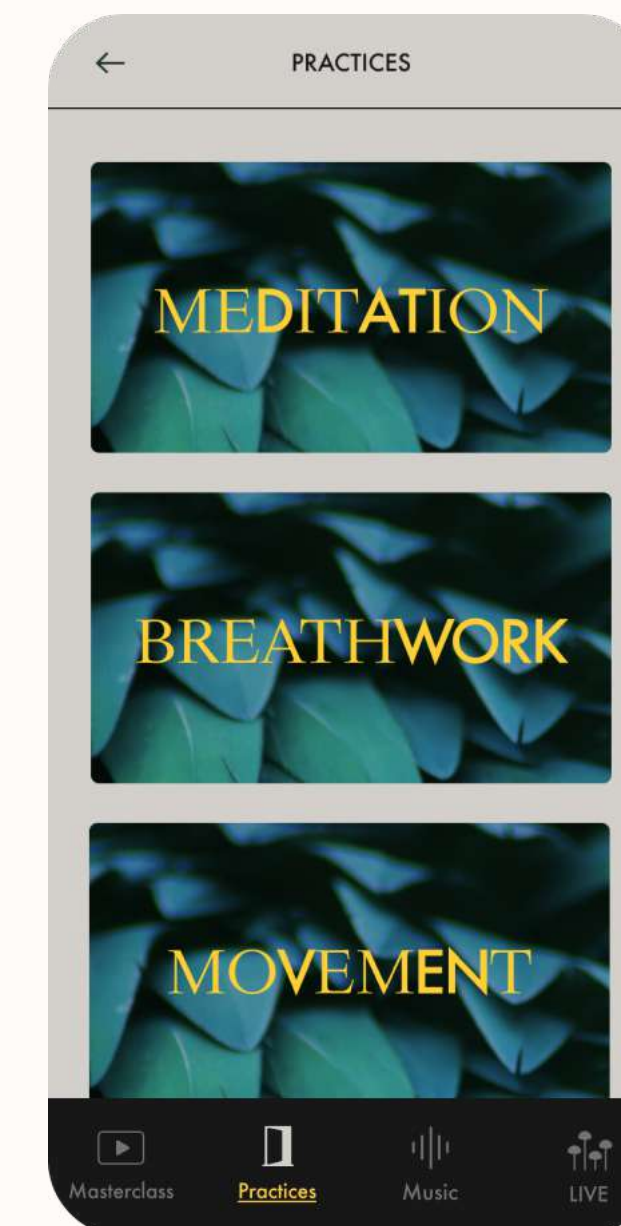
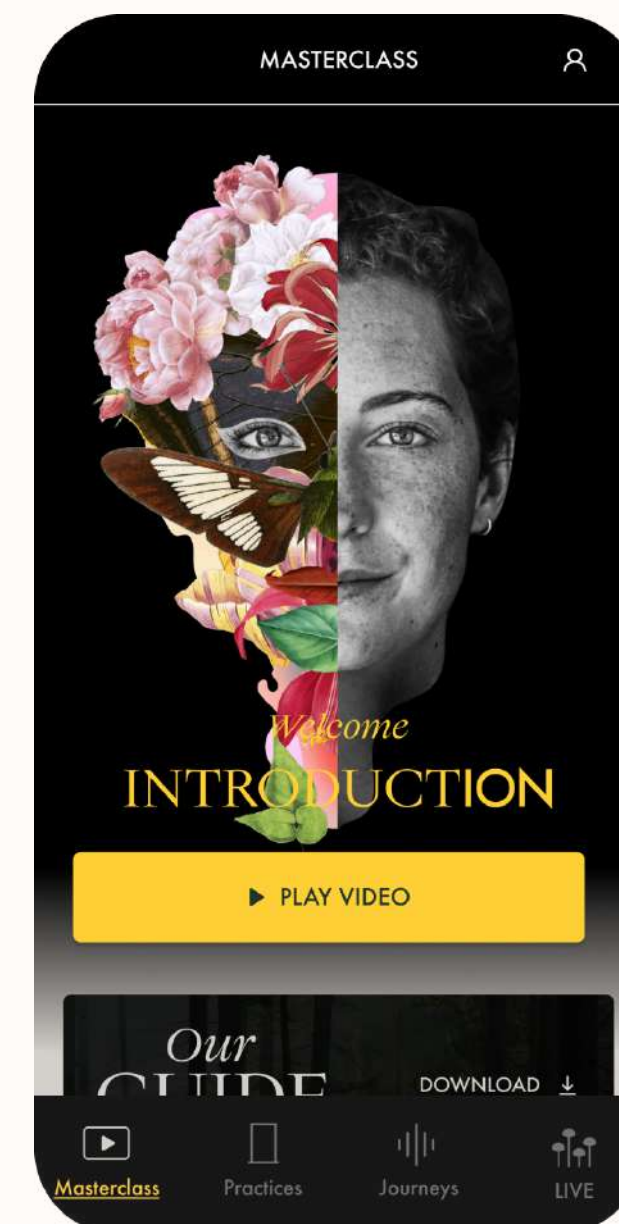
AN INVITATION

Before we delve into the program details, we invite you to explore our Spinoza app, offered to you for free. The app provides access to our Psychedelic and Microdosing Masterclasses, along with practices and sound journeys, enriching your understanding of psychedelics. Consider this an opportunity to engage with our resources and deepen your knowledge before you embark on the Bionaut Program journey.

Here is your invitation code:
UNVS-R3QJ-N7YB

You can download the app by searching for “Spinoza” in any app store.

For now, let’s continue.



I AM MODEL

We're here to guide you on your journey to wellbeing, combining nature's benefits with scientific insights. We're dedicated to ensuring your wellness path is safe, informed, and effective. We have developed our programs based on our I-M Model.

I-METHOD

INTENTION

Establish an intention to guide you

INWARD

Turn inwards for answers

INSIGHT

Create space for profound realisations

INTEGRATION

Implement gained insights into daily life

M-MODALITIES

MEDICINE

Experience the healing power of natural medicine and psilocybin-containing truffles

MEDITATION

Connect your mind and body through practices such as meditation, movement and breathwork

MOTHER NATURE

Reconnect with the nature in and around you

MUSIC

Experience the joy and release blockages through sound





THE BIONAUT PROGRAM

Over the course of three months you will start an immersive journey with a carefully curated group of 10 Bionauts and 3 Spinoza Mentors. The Bionaut Program consists of three chapters: Initiation, Immersion and Integration.

Each chapter includes one psychedelic ceremony, one one-on-one talk with your mentor and online group sessions. Aside, you'll benefit from our comprehensive Bionaut Guide and receive weekly practical tools via email, ensuring support as you navigate your journey toward conscious transformation.

We work with psychedelic medicine in particular to take you on a profound journey of changing your perceptions in life. In our ceremonies, we use safe, legal and high quality truffles from the Netherlands, containing natural psilocybin.

In combination with meditation, breathwork, movement, nature connection, and one-on-one coaching, you'll learn how to transform old patterns into beneficial habits.

Our program takes place online via Zoom and live at our beautiful nature retreat center in Maarn, the Netherlands.

WHY

EMBARK

on a transformative journey with a group of likeminded people to find the source of intuitive intelligence, inspiration and vitality within you.

RECEIVE

new perspectives and valuable insights that provide the confidence, clarity and direction to make the changes you have been longing for to make in your life.

EXPERIENCE

how meditation, breathwork and movement can support you tremendously on your path toward conscious and long-lasting transformation.

LEARN

all the essential knowledge about natural medicine and psychedelics, how they effect your body and mind, and how to safely embark on psychedelic journeys independently.

BECOME

A bionaut: someone who thrives instead of survives, is able to take ownership of their life and is able to mainain a healthy natural lifestyle.



THE PROGRAM

Spring Edition 2024

Ceremonies	Dates	Guidance
Initiation Nature Ceremony	April 22	<ul style="list-style-type: none">• One-on-one Initiation Talk• Initiation Group Session
Immersion Deep Ceremony	May 20-21	<ul style="list-style-type: none">• One-on-one Immersion Talk• Immersion Group Session
Integration Closing Ceremony	June 17-18	<ul style="list-style-type: none">• One-on-one Integration Talk• Integration Session

Aside from the above program, we will have additional check-ins:

- The Introduction Call
- The Closing Call
- The Comeback Call

SPRING EDITION

Period Mid April - end of June, 2024

Location Buursteeg 7, 3951 LL Maarn, the Netherlands

CHAPTER 1 | INITIATION

- Initiation Ceremony in Nature
- Monday, April 22nd, arrival 11:00, departure 21:00

CHAPTER 2 | IMMERSION

- Immersion Retreat with Deep Ceremony
- Monday, May 20th, arrival 11:00, departure 12:00 the next day

CHAPTER 3 | INTEGRATION

- Integration Retreat with Closing Ceremony
- Monday June 17th, arrival 12:00, departure 13:00 the next day

Online Closing One week after the last ceremony

Online Comeback A comeback call four weeks after the program



PROGRAM PACKAGE

RETREATS

- 1 one-day Psychedelic Ceremony in Nature
- 2 Retreats with sleepovers and Psychedelic Ceremonies in our Yurt

GUIDANCE & SUPPORT

- A team of trusted Mentors to support you on your journey of deep transformation
- 3 One-on-one sessions with your Mentor
- Whatsapp support (from your mentor and your group)
- 3 Online group sessions with your fellow Bionauts
- An introduction, Closing and Comeback call to promote a smooth and connected process
- The Bionaut Guide to gain extended information about psychedelics, consciousness and how to embark on psychedelic journeys safely.
- Weekly emails with content and practices to support you along the way

DAILY SUPPLEMENTS

Our three Spinoza Mood Supplements RISE, RELEASE and REST for daily support on your journey

The investment for this program is €3300,- ex VAT
(Deductible as business expense)





YOUR MENTORS

Your mentors will offer questions that support you in your process, enabling you to integrate your experience and insights. Your mentor is there to support, challenge and empower you. Based on your intentions and background we will match you with one of the three mentors of the Bionaut Program for your one-on-one alks.



JANNEKE KRIJGSMAN

Janneke loves guiding people to reconnect to their most authentic self. For many years she has been teaching meditation, yoga and breath work, while also exploring the fields of plant medicine.

For the last couple of years she has specialised in working 1 on 1, assisting people to find more clarity in the various challenges of life. Continuously inspired by her own inner journey, Janneke naturally invites people to discover their inner world, with all its depth and beauty. She has been with Spinoza from day one and has been essential in creating the Spinoza Programs.

Janneke brings a peaceful and loving presence as well as her voice and music to each Spinoza Ceremony. She loves beautiful conversations, early morning dips in the sea, and sharing homemade food with her loved ones.

She lives in The Hague and is a dedicated mother to her son Maas and daughter Ief.

MARIJN KOOL

For Marijn, working with psychedelics has been an integral part of his life. As both an ACT-coach at the University of Wageningen and trained mediator, he brings a depth of educational knowledge and compassionate wisdom to his guidance in ceremonies.

Marijn feels called to support others in reconnecting to the simplicity of being and the pure beauty of nature. Marijn brings insight and alignment where needed and shares his music and songs with a gentle guitar strum.

Marijn is a loving parent of two boys and a little girl, together with his wife Veerle.





KIM HELMUS

As a clinical psychologist, Kim loves to create space for people to connect with themselves and remember their own truth. She helps people transform using science-based techniques and her own creativity and intuition.

After 15 years of academic therapeutic service in mental healthcare and hospitals, and over a decade of meditative practices, she's seen and come to realise all of us have our own struggle and difficulties in life.

Kim meets herself and the people around her from a place of understanding, acceptance and love. She sees benefits in a broad variety of modalities, from plant medicine, tantra and psychotherapy to storytelling, meditation and breathwork. Kim teaches and lectures for university programs and builds much-needed bridges between the seemingly different worlds of science and spirituality.

Kim lives in Amsterdam with her partner Nils and daughter Djuna, and is passionate about going on adventures.

MENTOR'S NOTE

JANNEKE

"I have been guiding the Bionaut program for 3 years now and it has become my favorite Spinoza Program. The power of being together with a dedicated group for a couple of months is very special; the intimacy of the sharings, the friendships that grow, the depth of the insights people get. It is the beautiful gift of committing yourself to going on a 3-month journey of self-discovery without big goals or expectations. Committing yourself to truly connecting to yourself and finding your deepest truth, that is a wonderful journey to be able to facilitate."

KIM

"Your commitment to a process of deep transformation is already a transformation in itself. I am looking forward to support you from a place of understanding, acceptance and love."

MARIJN

"It is a precious gift to enter into a longer journey of transformation with a dedicated group. I already sense the potential of this program and I feel honoured to be a part of it. Deep commitment allows for deep realignment - may it contribute to the unfolding of the harmony and beauty of (our) Nature - as springtime blossoms around us."





THE PROGRAM

In the upcoming pages, we'll discuss each chapter's structure and critical aspects of the Bionaut Program: Initiation, Immersion, and Integration. These pages will clearly explain how chapter contributes to your transformative journey with Spinoza's Bionaut Program.

THE PROGRAM

CEREMONIES

The pinnacle of the Bionaut Program is the Ceremonies at our beautiful nature retreat centre in Maarn. Located in a lush and quiet forest, our nature centre is around an hour from Amsterdam and easily accessible via public transport. On the land, you will find a welcoming barn with a fireplace and bathroom, a nearby house with a kitchen and additional bathroom, and our yurt, serving both as the ceremony space at the two Retreats as well as the space where we sleep.

Embracing nature as the primary source of our health and well-being, we serve fresh herbal teas and organic, vegan meals with local and seasonal sourced ingredients.

ONE-ON-ONE TALKS

One-on-one coaching sessions with your mentor take place at every step of your process. Integrating a transformative experience requires attention and inquiry. These sessions allow you to integrate your experiences and provide an opportunity to explore the insights and challenges you may encounter during your process. Your mentor will encourage you to be inquisitive, may spark your curiosity on a broad spectrum of subjects, and will offer questions that support you in your process.

During your Bionaut Program, you will have three one-on-one sessions: 1 Initiation Talk, 1 Immersion Talk and 1 Integration Talk.

GROUP SESSIONS

Throughout the program, there will be an Introductory call, an initiation session, an immersion session, an integration session, a closing call, and lastly, a comeback call one month after the program.

In our group sessions, we will explore the insights and challenges we may have encountered before, during or after the psychedelic experiences. These sessions are meant to increase the potential of the individual and the group and to propel our personal transformation together.

Each group session is an opportunity to share yourself from a place of openness and authenticity and to be inspired by your fellow Bionauts. They will be supportive and heartwarming gatherings led by the Spinoza team.



INITIATION

Nature Ceremony
April 22 from 11:00 – 21:00
Dose: lower dose

During this day, you'll meet the other Bionauts for the first time in real life - a carefully curated group of people with a shared interest and curiosity who will go through their process of transformation with you. The group dynamic plays an essential role in your individual process. What at first may feel like a bunch of strangers will soon be like a family.

This day is meant to experience Deus Sive Natura firsthand. We will meet at our nature centre, where we will walk into the forest. The Nature Ceremony will be a heart-warming experience and introduce the experience of experiencing the effects of psychedelic fungi in open nature. This will be a mid-dose, an initiation into the potential of the substance. During the Ceremony, we will connect with nature through all of the senses: sight, hearing, taste, smell and touch. You will be guided by your Spinoza mentors on an explorative day in nature, combined with live music and expanding practices to connect deeper to yourself, the group and nature.

After our nature ceremony, we will return to a warm fire and nourishing organic meal.

IMMERSION

Immersion Retreat with Deep Ceremony

May 20 from 11:00 – May 21, 12:00

Dose: high dose

This Immersion Retreat is designed to reach a more profound level within your inner world. The collective intention will be to fully discover the intuitive intelligence you possess and move beyond your own ego.

After we have slowly arrived on the land, grounded ourselves in nature during a walk, and connected to our bodies through movement and breathwork practices, we will go into a high-dose ceremony. It is supported by a transformational music experience and strengthened by calming meditative practices to create new pathways in the mind, examine habits and gain new insights and perspectives.

After the Ceremony, a beautiful organic and seasonal three-course dinner will be served. The next morning, we will take our time to wake up into a new day with bodywork, enjoy a colourful breakfast and create some space for questions you may have for your Mentor. We close the Retreat with a group sharing in the yurt.





INTEGRATION

Integration Retreat with Closing Ceremony

June 17, 12:00 – June 18, 13:00

Dose: mid dose

This Integration Retreat serves as both a celebration and a closure for looking back and looking forward as we complete the circle that has tied our fellowship together over the past three months.

One more last time, we will go into Ceremony together. A mid-dose ceremony will create space for profound meaning and insights and the freedom to express yourself freely. As always, guided by immersive live music and sound. At the end of the ceremony, we'll have a beautiful Fire Ritual to create a moment for closure of the profound moments we have shared.

During the Retreat, we will take ample time to integrate, reflect and share our learnings and experiences, accompanied by nourishing organic meals. In the morning, we will open up the sauna for a well-deserved 'tap on your shoulder'. You have completed the Bionaut Program.

'Plants and fungi serve as teachers, opening our eyes to the harmonious patterns of life.

We are here to empower you and to connect to your own wisdom.

Remember, you are the medicine.'

SpINOZA

TESTIMONIALS

MALU VAN DER VALCK

“After many years of doing various types of transformational work, from ‘regular’ therapy to single ceremonies here and there and everything in between, the Bionaut Program was the next step in a profound transformation for me.

I’m usually not the group-setting kind of person, but I went through the resistance of my anxiety around being in groups and sharing my journey. It was a big gift to allow myself to go through these highs, and certainly equally the painful lows, together with a loving group. To feel like not having to do it all by myself. The deep connection I got with people who were strangers before, just by sharing this process, is beyond.

It was beautiful to experience how dedicating myself to the Bionaut Program gave me the confidence to move along with all of my processes, continuously integrate them, and put it into practice in real life. I am forever grateful.”

VANESSA ZARFDIJAN

The moment I learned about the Bionaut program, I knew that I was going to sign up immediately. At that time, I was in the transition to retake my birth name, with everything that it entails.

I was looking for a place to be surrounded by like-minded people who have the same approach to life, as I needed to delve deep for a long period of time. And because you work together for a longer period of time, you all reach deeper layers and share a space where everyone is free to take up space or not. It is an individual group process where just being together is enough, and there is no need to talk. A unique experience for me.

Wherever and whenever I encounter my fellow Bionauts, there will always be a sense of connection. A shared experience with important insights, deep connection and a feeling of coming home that I could not have found anywhere else.

LOEKIE VAN DER WIJLICK

“My Bionaut path has set in motion so many wonderful small changes and shifts in perspective. Even now, after a full year has gone by, the program keeps unfolding a path of inner acceptance, of life, of love.

From the Bionaut Program I received a new awareness of mind and body and of consciousness and oneness, which keeps teaching me ways to shift from escapism and victimhood into *being*. I am still discovering new insights on how to create my life, I am getting more intentional about habits, and I am continuing to purposefully create loving thoughts.

I will be forever thankful to have been part of it all, for the beautiful and inspiring connections I made with the other Bionauts and with the wonderful Spinoza mentors.



REQUEST AN INVITE

HOW TO CONTINUE FROM HERE

If you feel this program is what you need, request an intake call through this link. We will first ask you to fill in some questions about your motivation and medical condition.

Once read and approved, one of our mentors will schedule in a call with you to find out if this is the right time for you to step into this journey together.

Applications for the Spring edition close on the 22nd of March 2024, or earlier if a group has formed. Know that there are limited spots.

For more questions, you can contact Liv |
Community Manager at Spinoza
liv@spinoza.co