NEKAWA

NEKAWA INTEGRATION SUPPORT CIRCLE

How a meeting *runs*

Every two weeks on Sunday · 75 minutes · On Zoom · Free

2:00 PM Rio de Janeiro • **12:00 PM** New York • **9:00 AM** Los Angeles

The flow of the circle

1. **Arrival & Attunement** — 10 MIN
   A song, short breathwork practice, or quiet meditation.
2. **Setting the Ground** — 5 MIN
   The host introduces the day's topic.
3. **The Teaching** — 15–20 MIN
   A teacher shares on psychedelic medicines, integration, and philosophies of healing.
4. **The Circle** — ABOUT 40 MIN
   Open conversation, questions, and honest catching-up.
5. **Gratitude & Close** — 1 MIN
   A brief gratitude meditation to close the group.

Our core values

Honesty · Curiosity · Dedication · Kindness

The group is led by **Charles and Tatiana**, joined by visiting teachers from the wider healing community.

The Nekawa Integration Support Circle offers peer support and education. It is not medical advice, therapy, or addiction treatment, and no substances are provided, sold, or facilitated. The teaching portion of each meeting is recorded so others can learn; open sharing is never recorded. If you are in a crisis, call or text 988 (US) or your local emergency number.