

MĀYĀ LUNA



INTERBLOOM

Your 7 week microdosing journey begins here

www.mayaluna.ca



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WELCOME



Hi I'm Rachel,

The heart behind Maya Luna. My path has been shaped by a love for ceremony, self-inquiry, and connecting with the natural world. With a deep reverence for ancient wisdom and a modern approach to healing, I offer tools and experiences designed to connect individuals with their inner truth, creativity, and balance.

I blend the wisdom of ancient ceremonial traditions with practical tools for modern healing. My work includes guiding individuals through cacao ceremonies, teaching about microdosing, and collaborating with others to create transformative experiences. Through these offerings, I hold safe, intentional spaces where deep transformation can unfold.

Whether through plant medicine, sacred rituals, or community connection, I am deeply committed to supporting others on their journey of self-discovery and healing. My approach is rooted in authenticity, compassion, and a belief in the profound power of ritual to bring more balance, creativity, and meaning into life



Rachel





WHAT IS INTERBLOOM

Interbloom is a 7-week journey into healing, creativity, and soul alignment through microdosing, ceremony, and community. Together we weave grounding practices, sacred teachings, and group connection to help you shift patterns, awaken your potential, and ripple your transformation into the world.

How it Works

- Week 1: Begin with a private 1:1 call where we create your altar, take your first dose, and set intentions with personalized guidance.
- Weeks 2—7: Join our group container, where each video call opens with grounding practices such as breathwork, meditation, tapping, or movement - before we dive into weekly themes.



Topics we will explore together

- WEEK 1: INTRODUCTIONS, SHARING YOUR ALTAR, AND MEDICINE WHEEL TEACHINGS
- WEEK 2: SET & SETTING, DIET, AND LIFESTYLE FOR MICRODOSING
- WEEK 3: HEALING PATHWAYS — ANXIETY, DEPRESSION, ADDICTION, GRIEF, AND HABITS
- WEEK 4: CREATIVITY, SOUL ALIGNMENT, AND WORK/LIFE BALANCE
- WEEK 5: EXPLORING CACAO, MACRODOSING, AND OTHER SACRED MEDICINES
- WEEK 6: THE BUTTERFLY EFFECT — HOW YOUR HEALING RIPPLES OUT INTO THE WORLD & WHAT COMES NEXT



SAY YES TO GROWTH

OUR CIRCLE OPENS NOVEMBER 1

Interbloom is your opportunity to deepen with microdosing, ceremony, and community over 7 weeks of guided support. If this journey speaks to you, we'd love to welcome you inside.

Introductory cost of \$333 which includes the medicines. Please reach out if this is inaccessible to you but you still feel called to participate.

Register or send your questions to
info@mayaluna.ca



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