



Cultivate

A 6-WEEK
MICRODOSING GROUP
PROGRAM TO DEEPEN
YOUR PRACTICE AND
SUPPORT YOUR
GROWTH

March 10 to April 14
weekly zoom
7 - 8:30pm EST



[APPLY HERE](#)

Join guides Rachel & Alexis in a supportive group container focused on growth, consistency, and intentional change - whether you're new to microdosing or already on the path.

This Program is For You If :

- You're curious about microdosing and want guidance and support
- You're already microdosing and want to deepen your practice
- You want more consistency, clarity, or momentum
- You thrive with accountability and structure
- You value learning and growing in a group environment
- You want to be part of a supportive, intentional container



This is a 6-week guided group experience with live Zoom sessions, shared reflection, and ongoing group support. You'll be supported by two coaches, Rachel and Alexis, who bring their experience and care into every step of the journey.

Whether you're just beginning or already walking this path, this space is here to help you deepen your practice in a grounded, intentional way.

If this feels aligned, apply below to join us.

[APPLY HERE](#)

Rachel Maria



I'm passionate about helping people build intentional, respectful relationships with plant medicines and ritual as tools for awareness, nervous system regulation, and meaningful change. I'm the founder of Maya Luna, where I focus on microdosing education, ceremonial cacao, and creating spaces that support conscious living rather than quick fixes.

My work bridges science, somatics, and spirituality - offering practical, embodied ways to work with subtle medicines while staying rooted in integrity, safety, and personal responsibility. I'm especially interested in how microdosing, ritual, and community support creativity, resilience, and long-term transformation.

Connect :

[@iam.rachelinspired](https://www.instagram.com/iam.rachelinspired)

[@mayaluna111](https://www.instagram.com/mayaluna111)

www.mayaluna.ca

Alexis Cooper



Alexis Cooper is a certified Psychedelic-Assisted Therapy facilitator and transformation coach. With years of experience holding space in ceremonial and therapeutic settings, she supports self-exploration that integrates into modern life. Her heart-centered, grounded approach emphasizes nervous system care, intentional ritual, and practical perspective shifts for safe, sustainable growth.

With a background spanning advertising, a Master's in culinary arts and fine-dining, and entrepreneurship, she brings four decades of embodied wisdom and intuitive knowing. She is currently midway through a one-year Master Plant Dieta in devotion to learning to serve Ayahuasca with integrity.

Connect :

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Let's Grow Together

If you're feeling the call to deepen your practice, create more consistency, and be supported in a grounded, intentional group container, we'd love to have you with us.

[APPLY HERE](#)

♡ Rachel & Alexis