



MINDAI™ BREATHWORK RETREAT

Accessing Inner Intelligence | 17 -19 October 2025 | KHAO YAI THAILAND

A Transformational Journey for Visionary Leaders, Conscious Explorers & Inner Seekers

MINDAI™ Institute, in collaboration with Le Monte invites you to a groundbreaking 3-day immersive retreat designed to unlock non-ordinary states of consciousness—safely, legally, and without the use of psychedelics. Taking place in the serene landscapes of Thailand, this retreat introduces MINDAI™ Breathwork, a powerful technique inspired by the legacy of Dr. Stanislav Grof's Holotropic Breathwork, designed to foster deep healing, clarity, and creative breakthroughs.

This retreat is the **official program in Thailand** to offer psychedelic-like experiences using non-pharmacological methods—supporting a select group of leaders, entrepreneurs, military personnel, veterans and seekers on a path of mental wellness and self-transformation.



Why Join?

Purpose & Potential Outcomes

› Legal Psychedelic-like Therapy Without Substances

Experience expanded states of consciousness through intensified breathing and therapeutic soundscapes—designed to simulate the benefits of psychedelic therapy while remaining 100% legal and substance-free.

› Mental Health & Trauma Healing

Create space for stress release, emotional catharsis, and integration of unresolved trauma. MINDAI™ Breathwork is supported by research to increase mindfulness, emotional regulation, and life satisfaction.

› Leadership & Inner Intelligence Development

Cultivate mental clarity, emotional depth, and visionary thinking. Participants may experience personal breakthroughs that enhance leadership capacity and collective intelligence.

› Building Thai Therapeutic Capacity

This retreat offers both experiential learning and observation opportunities to support future innovative solutions in Thailand's mental health sector, as well as the development of psychedelic science and wellness innovations within the national healthcare system.

Who Is This For?

- › CEOs, Executives & Visionaries seeking inner clarity and creative insight
- › Military & First Responders experiencing chronic stress or trauma
- › Mindful Explorers desiring deep transformation without substances
- › Therapists, Coaches & Wellness Practitioners wanting experiential training
- › Individuals looking for a profound “reset” or renewal of purpose

What to Expect

Retreat Highlights

- › 3 Days | 2 Nights Residential Program
- › 2 Guided MINDAI™ Breathwork Sessions as “Breather” and “Sitter”
- › Mindfulness Practices, and Art Expression
- › Integration and Community Support
- › Healthy Meals and Community Connection

Format

Each participant will alternate between two roles—the explorer, who is the breather, and sacred witness, who is the sitter—following the original Dr Stan Grof breathwork model. The experience is supported by trained facilitators and carefully curated soundtracks designed to access expanded states of consciousness.



Schedule

Day 1 – Arrival & Orientation

- › Check-in Afternoon
- › Evening Opening Circle and Introduction
- › Partner Pairing & Personal Intention Setting

Day 2 – Breathwork Journey

- › Light breakfast
- › Breathwork Session #1 (Group A breathes, Group B witness)
- › Lunch & Rest
- › Breathwork Session #2 (Group B breathes, Group A witness)
- › Evening Integration Circle & Creative Expression

Day 3 – Closing & Integration

- › Mini MindAi Experience
- › Integration Process
- › Final Sharing Circle & Farewell Lunch

Evidence-Based Benefits

- › Enhanced neuroplasticity & stress regulation
- › Emotional resilience & trauma release
- › Greater focus, improved sleep, and expanded awareness
- › A safe, legal, and proven alternative to psychedelic therapy



Facilitators



Dr. Aimon Kopera, MD, is a trailblazing authority in exploratory medicine, with a career spanning over thirty years—from emergency medicine to energy medicine, ethnobotany, and plant-based therapies. She is recognized as Thailand's leading expert in psychedelic studies and a prominent figure in the fields of consciousness and psycho-spiritual health. A lifelong practitioner of Buddhist mindfulness, Dr. Aimon began her career in pivotal roles with the United Nations medical team, addressing global health challenges and their societal impacts.

As a certified MAPS Psychedelic-Assisted Therapist, she lectures internationally and currently serves on a research team at the University of Southern California studying mindfulness and psilocybin. She is also the bestselling author of *The Exploratory Mind* and *The Universal Breath*, which explores breath as a transformative tool. In the latter, she introduces MINDAI™ Breathing—an approach inspired by the work of Dr. Stan Grof—designed to facilitate emotional release, self-discovery, and personal growth.

Why This Matters

We recognize the urgent need for innovative mental health solutions across all sectors of Thai society. MINDAI™ Breathwork is more than a healing practice—it is a visionary approach to national well-being, scalable training, and deep inner transformation. By integrating ancient breathing wisdom, modern neuroscience, and trauma-informed facilitation, we are co-creating a new era of integrative mental wellness. Together, we heal, grow, and thrive.

Register Here

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