



# 3-1-3 Programme: 1 week at HIVE BIO Malta

Ketamine Treatment for depression, anxiety,  
addictions and burnout\*

\*This 1-week immersive program offers the ideal conditions for a profound and lasting healing.

# Your stay at HIVE BIO Malta

1-WEEK PROGRAM

Numbers of preparation sessions (remotely - before arrival at HIVE BIO Malta)	3
Medical check-up on arrival	☑
Talk therapy on site (at HIVE BIO Malta)	2
Ketamine Assisted Psychotherapy Sessions (KAP)	3
Numbers of aftercare integration sessions (remotely, after leaving HIVE BIO Malta)	3
<p>Complementary activities</p> <p>Mindfulness and body oriented therapy</p> <ul style="list-style-type: none"> <li>• Yoga</li> <li>• Meditation</li> <li>• Breathwork</li> <li>• Cold baths</li> <li>• Massages</li> <li>• Chi gong</li> </ul> <p>Exploring creativity and hands-on artistic activities</p> <ul style="list-style-type: none"> <li>• Watercolour Art</li> <li>• Mandala Integration</li> <li>• Hand Lettering Integration</li> </ul> <p>Reconnecting with nature and wilderness</p> <ul style="list-style-type: none"> <li>• Hiking to Places of Natural Beauty</li> <li>• Equine-assisted psychotherapy</li> </ul> <p>Coaching and personal empowerment</p> <ul style="list-style-type: none"> <li>• Educational Activities &amp; Creating New Habits</li> <li>• Healing with Food Workshop</li> <li>• Evening Talks</li> </ul> <p>Sensorial Integration</p> <ul style="list-style-type: none"> <li>• Aromatherapy</li> <li>• Sound Healing</li> <li>• Dance/Movement Therapy</li> </ul>	☑
Accommodation in a Villa in Gozo (7 days and 6 nights)	☑
Delicious personalised healthy meals	☑
Transfer from and to Malta international airport	☑
<b>Price</b>	<b>10 000 EUR</b>

## Your stay at HIVE BIO Malta includes:

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- Preparation before the retreat (online therapy sessions) and aftercare support;
- Medical check-up upon arrival;
- Accommodation at our beautiful facilities in Gozo;
- Multiple sessions of talk therapy;
- Medically supervised psychedelic session(s) with ketamine;
- Hiking to places of immense natural beauty;
- Mindfulness practices;
- Physical activities;
- Wellness activities;
- Delicious meals per day, depending on an individualised and optimised meal plan ;
- Preparation for home—setting up daily habits.

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**Reservations: [hivemalta@hive.bio](mailto:hivemalta@hive.bio)**