

A SPECIALTY PATHWAY · HEART ALCHEMY INSTITUTE

# The race reveals. *This work integrates.*

A coaching program for endurance athletes ready to explore the inner dimension of their sport — and bring what they find back into the rest of their lives.

## THE THREE PACK

Three focused coaching sessions — pre-race intention setting, post-race debrief, and integration — designed to prepare you for what the race will reveal and make meaning of what it does.

## OPTIONAL ADD-ON

For athletes ready to go deeper, a single ketamine-assisted psychotherapy session can be added to the Three Pack — bringing the full power of the Heart Alchemy Journey to your athletic path.

## YOUR GUIDE

Savannah Miller, MSW, LICSW (WA), LCSW (CA) — licensed psychotherapist with 20+ years of experience specializing in non-ordinary states, endurance sport, and psychedelic-assisted therapy.

## WHY THIS WORK BELONGS HERE

# You already know *non-ordinary states.*

At mile 80 of a hundred-mile race, something shifts. The ego quiets. The ordinary defenses dissolve. What remains is something more essential — a version of yourself stripped of pretense, meeting the terrain and the moment with everything you have. Endurance athletes know this territory. What many have not had is a guide to help them understand what those experiences reveal, and how to bring that understanding back into the rest of their lives.

## THE EGO DISSOLUTION AT MILE 80

The experience of the self dissolving under extreme physical duress is not metaphor. It is a genuine non-ordinary state — with more in common with a ketamine session than most athletes realize.

## THE POST-RACE VOID

The flatness or unexpected grief that follows a major race is not weakness. It is the integration gap — the space between what the race revealed and what daily life can hold.

## THE INNER ATHLETE

What drives someone to run 100 miles? The answer is rarely just physical. This work creates space to explore the deeper motivations and meanings that live beneath the training log.

## THE THREE SESSIONS

## 01

### PRE-RACE INTENTION SETTING

Before the race, we create space to clarify what you are carrying into it — the hopes, the fears, the questions you haven't yet asked yourself. We set an intention that will serve as an anchor when the terrain gets difficult.

## 02

### POST-RACE DEBRIEF

After the race, while the experience is still fresh, we explore what arose. What did you meet out there? What surprised you? What do you want to understand more deeply? This session captures what the race revealed.

## 03

### INTEGRATION SESSION

The third session bridges the race experience to your daily life — exploring what the insights mean, how they connect to your broader story, and what concrete shifts in training, relationships, or self-understanding they might invite.

# \$600

The Three Pack · Three coaching sessions

Offered as coaching, not clinical therapy. Sessions may be held in-person or virtually. See page 3 for the optional KAP add-on.

#### WHAT'S INCLUDED

Three 60-min sessions · Pre-race intention framework · Post-race debrief · Integration session

OPTIONAL ADD-ON · THE HEART ALCHEMY JOURNEY

# Ready to go deeper? *Add a ketamine session.*

Many athletes find that the coaching work opens a door — and that ketamine-assisted psychotherapy is the next step. The race and the medicine session share more than most people realize: both induce non-ordinary states, both require preparation and integration, and both can surface material that changes how you understand yourself. For those ready to explore this territory, a single KAP session can be added to the Three Pack.

## WHAT IT IS

### Ketamine-Assisted Psychotherapy

Ketamine-Assisted Psychotherapy (KAP) combines the neurobiological effects of ketamine — an FDA-approved medication — with structured therapeutic support. The medicine creates a temporary non-ordinary state that loosens the grip of habitual thought patterns, allowing deeper material to surface. The therapist is present throughout, holding the container and guiding the experience.

Unlike a ketamine infusion clinic, Heart Alchemy's approach weaves preparation and integration therapy around the medicine session. The neuroplastic window opened by ketamine is the opportunity. Integration is where the lasting change is made.

## WHO IT'S FOR

### Athletes Ready for a Deeper Shift

This add-on is designed for athletes who have done the inner work — who have explored what the race revealed through the Three Pack coaching sessions — and who feel called to go further. It is not a prerequisite for the coaching program, nor is it right for everyone.

A free consultation with Savannah is the first step. Together, you will explore whether KAP is appropriate, what intentions to bring, and how to prepare. All KAP is conducted under appropriate medical supervision with licensed clinicians.

# \$600 + KAP

Three Pack + single KAP session (pricing discussed in consultation)

KAP pricing varies based on session length and medical coordination.

The Three Pack coaching program (\$600) remains the foundation. A ketamine-assisted psychotherapy session is offered as an optional add-on for those who complete the coaching work and wish to go deeper. Pricing for the KAP session is discussed during your free consultation and depends on session length and medical coordination requirements.

## Savannah Miller

MSW, LICSW (WA), LCSW (CA)

Savannah specializes in helping clients integrate non-ordinary states of consciousness — whether those arise through psychedelic-assisted therapy, the physical extremes of endurance athletics, or near-death experiences. As a licensed psychotherapist with over 20 years of experience, she brings both clinical depth and a genuine understanding of the terrain endurance sport can open.

Her work with athletes is grounded in the same principles that guide all of Heart Alchemy's offerings: that non-ordinary experiences — whether produced by a ketamine session or a 100-mile race — carry information that deserves careful attention, skilled support, and time to integrate.

Offered in collaboration with Alpenglow Endurance Coaching. Sessions are coaching-based unless KAP add-on is selected.

*"The race doesn't lie. It shows you exactly who you are when everything else falls away. The question is: what do you do with what you see?"*

SAVANNAH MILLER, FOUNDER

## Begin with a free consultation.

No commitment required. Just a conversation.

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