



A PUBLIC BENEFIT CORPORATION

A Time For Change

For people who have built a good life - and know something still needs to shift.

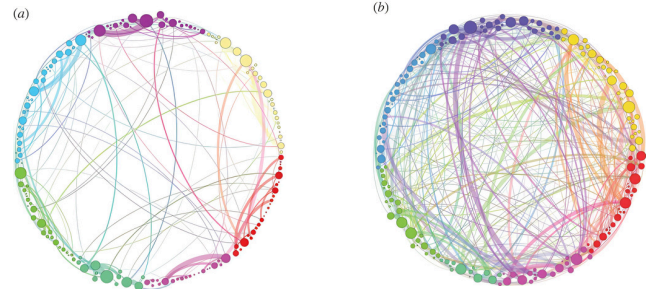
A guide from Beckley Retreats

Why now? Why this?

Most people who come to Beckley have already tried the conventional options. They have done therapy, meditate, exercise, and read the books. They have made real progress - but they sense there is still more available to them. This program is for that person.

Beckley Retreats works with institutions like [Imperial College London](#), [Johns Hopkins](#), [Yale](#), and [Heroic Hearts](#) to understand how these experiences support wellbeing. Our programs are shaped by extensive research and real-world insight.

Psilocybin dramatically increases neural connectivity - visible on brain imaging.



Brain connectivity on placebo

Brain connectivity on psilocybin

Imperial College
London



Yale University



HEROIC
HEARTS
PROJECT



BECKLEY
FOUNDATION

Our outcomes:

88%

said "This has been the most or one of the most personally meaningful and transformative experiences in my lifetime"

76%

say their behaviors and personal practices have improved

The industry:

80% of psychiatrists in the U.S. see promise in psychedelics (2023)

Psilocybin is legal in Jamaica and the Netherlands; Ketamine is legally available in clinical settings

Beckley Retreats is at the forefront of integrating science, functional health, and wisdom traditions

1000+ guests served since 2020 - NPS1 of 94 - among the highest recorded in wellness programs globally.

1. NPS = Net Promoter Score - common metric in healthcare and services businesses. Above 70 is excellent. H1 2025 (94)



What change do you seek?

Most of our guests are not in crisis. They are high-functioning - professionally successful, outwardly stable. But privately, they are carrying something. A persistent sense that they are moving through life on autopilot. A knowing that more is available to them. A pattern they have tried to shift and have not been able to.

Maybe you're feeling stuck, or simply want to slow down and find more meaning. Some come with a specific weight to put down. Others arrive simply knowing it is time.

Psychedelic experiences - when held with care and intention - offer a unique doorway into clarity, growth, and possibility.

Beckley Retreats creates a research informed, legal, and guided space for this kind of exploration - where science meets ancient wisdom - and an opportunity to enrich your life, learn new habits and improve your relationship with yourself, others, and the natural world.

Take a moment to ask yourself: What in life feels ready for change?

Take Our Readiness & Alignment Assessment:

This assessment helps us understand where you are - so we can tell you, honestly, whether our programs are a good fit. It only takes 3-4 minutes. [Take the quiz here.](#)



Who this program is for

Our guests come from demanding careers - executives, founders, physicians, attorneys, military leaders. They are accomplished. They are not fragile. And they have usually tried the conventional routes.

They come to Beckley not because something is broken - but because something is calling.

A persistent sense that there is more available to them. A pattern they have tried to address and have not fully cracked. A transition they want to navigate with intention rather than just survive.

If you are reading this and something here resonates - that recognition is worth paying attention to.



What is motivating you?

Understanding your why is an important first step. Our program begins with a guided preparation phase where you'll explore what brings you here and what feels ready to shift.

Most of our guests come with one or more of these motivations:

Feel more present - more alive, more like yourself

Release what is keeping you stuck - patterns, grief, or weight you have carried too long

Explore deeper meaning, purpose, and what comes next

Reconnect - with yourself, the people you love, the natural world

Unlock clarity, creativity, and insight

Navigate a major life transition with intention

Strengthen relationships - with more empathy and presence

"For me, it was the perfect balance between science and data-backed use with spiritual practices. I can't imagine a safer space to experience this. The guided support throughout the intention setting and integration process was such a valuable part of the experience."

- Kirsty M., 2024 Retreat Participant

Have you spent a lifetime building a life you're proud of,
but are ready to go deeper? [**Book a 1:1 call**](#)



Our guests are making real change

“I think every leader in America should go through this program.”

— Jim MacPhee, Former COO, Walt Disney World



“If you want to reinvent yourself and be a better human being as part of humanity, do the work... I think every leader in America should go through this program.”

— Jim MacPhee, Former COO, Walt Disney World



“This retreat was so profound and I am so grateful for the care and the intention with which the facilitators supported us. We showed up as strangers, but we felt as family members.”

— Candace Oglesby-Adepoju, TI, Psychotherapist



“A perfect blend of science and spirituality, led by a masterful team driven by the power of self-healing, compassion and a little bit of magic.”

— Joshua Nino, CEO and Co-Founder, Dexerto Media Group



“I am walking away from this retreat with new found love in my heart. And I am humbled. Feeling cleansed and renewed”

— Toni Ko, Founder, NYX Cosmetics (sold to L'Oreal)

Our guests are looking to make positive change in their lives and come from many different professional backgrounds.

[Want to see if you're ready to make a positive change?](#)



A Structured Program for Lifelong Growth

An integrative health program based in adult learning and habit change science that gives thoughtful instruction and controlled psychedelic experiences to enable lasting change.

Most retreat programs end when you leave. Ours is designed around what happens after.

	Prepare	Immerse	Integrate	Grow
Timeline	4 Weeks, Digital at your own Pace	4-5 Days On site immersion	4-6 Weeks, Digital at your own Pace	Ongoing
Includes	Group calls, app based learning modules, intention setting	1-2 guided psilocybin sessions, mindfulness, movement, teachings, thoughtful meals	Weekly group sessions, app based, research informed tools for habit-building	Monthly alumni calls, online community, live gatherings
Why it Matters	Build clarity and begin new habits	Work with the practices and experiences in nature, w/ curated group of peers	Translate insights into sustainable shifts and reinforce new habits	Stay connected, aligned, and supported
Beckley Approach	Coaching, tools and practices, community prep	Legal, trauma-informed, experiences and world class guides	Facilitated integration + alumni support	Curated content, facilitator-led circles, alumni network



Find the Program That Aligns

All programs include the full preparation and integration curriculum. The retreat itself is the centerpiece - not the whole program.

Plant/Compound	Program Type	Retreat Length	Sessions	Pricing (\$USD - Room Type)	Countries - Properties	Description
Psilocybin Mushrooms / Truffles	Signature	5 nights	2	5,500 - Triple 6,750 - Double 9,500 - Premium Queen 12,500 - Deluxe King	Jamaica - Good Hope	Our most comprehensive program in awe inspiring locations with premium food
				6,750 - Double 9,500 - Single	Netherlands - De Hoorneboeg	
Psilocybin Mushrooms / Truffles	Standard	4 nights	2	3,500 - Double 5,500 - Single	Jamaica - Coral Cove	A focused, structured program for guests who want the full Beckley experience in a more intimate setting.
				3,750 - Shared Double 3,750 - Single Shared Bath 6,000 - Single	Netherlands - The Place to Be	

If you are newer to personal development work or psychedelics, we recommend our 5-Night Signature Program.

We also offer a more compact and accessible 4-Night Program.

A Team of Experts Committed to Service

Select Lead Facilitators



Dr. Dingle Spence

Dr. Dingle Spence is a Beckley Retreats Team Lead and co-facilitates ceremonies. She is a retired Jamaican physician with training in oncology and palliative medicine and heads the Hope Institute Hospital in Kingston. Her research and application of psychedelics has transformed her work in palliative care. Dingle is also trained in shamanic practices and psychedelic spaceholding.



Ben Sheinwald

Ben is a Biodynamic Therapist and group facilitator. He brings his knowledge of body psychotherapy, biodynamic massage, mindfulness, and other embodied practices into this work with Beckley Retreats. As a Team Lead, he leads the group processes during retreat integration circles. Ben trained at the Centre for Biodynamic Body Psychotherapy.



Kosu Boudreau

Kosu is a registered trauma psychotherapist and integration specialist in a private practice in Ontario, Canada. She worked for more than 18 years as a spiritual care therapist in hospitals with a focus on trauma, mental health/addictions, and palliative care. Kosu provides trauma-informed facilitation as well as preparation and integration support for Beckley Retreats guests.



Hanifa Nayo Washington

Hanifa is a Lead Facilitator at Beckley Retreats with deep experience in ceremony facilitation, integration and preparation support, and as a musician. She comes from a long matriarchal line of Afro-Indigenous healers, rooted in the rhythms of life, loss, joy, and transformation.



Mark Mabon

Mark is a Lead Facilitator and guides ceremonies at Beckley Retreats, creating safe and intentional spaces for participants. Mark is a therapeutic coach and family constellations practitioner. He has been assisting in entheogenic plant ceremonies for 20 years, and has been a dedicated practitioner of meditation, yoga and breathwork for all of his adult life.



Sergio Rodriguez

Sergio is a team lead and co-facilitates ceremonies and has always been interested in the place where psychology and spirituality come together, earning multiple degrees on the subject. Sergio has been actively involved in the entheogens field, facilitating, developing curricula, and mentoring guides for over 18 years. He is a MAPS MDMA-Assisted Therapy Practitioner and a licensed MFT in private practice, focusing on existential growth and consciousness expansion.

A Team of Experts Committed to Service

Leadership Team



Amanda Feilding
Co-Founder (in loving memory)

Amanda Feilding was a pioneering force in psychedelic science and was widely respected for her impact on global drug policy reform spanning over five decades. Her visionary work helped shape the modern renaissance in consciousness research and continues to inspire our mission at Beckley Retreats.



Neil Markey
Co-Founder, CEO

Former Army Ranger Captain and McKinsey consultant, Neil is MBSR Meditation-certified and founded Maryland Mindfulness. Current Masters student at Harvard's Chan School of Public Health studying integrative health and psychedelics.



Anja Saloranta
COO

Former COO Ballentine Partners and Head of Commercial Operations at Ginkgo Bioworks. Harvard MBA. Anja brings operational scale and institutional discipline to Beckley's next phase of growth.



Dr. AZA Allsop
Head of Research

Harvard/MIT joint MD/PHD neuroscientist. Yale lab head, psychiatrist, and professional jazz musician. AZA leads psychedelic research at Beckley, bridging science and tradition.



Fede Menapace
Chief Growth Officer

Former Deputy Director (COO) Multidisciplinary Association for Psychedelic Studies (MAPS), Stanford MBA, McKinsey, GTM leader at Segment (acquired by Twilio, NYSE: TWLO).



Dr. Karestan Koenen
Research Advisor

Dr. Karestan Koenen - Research Advisor. Director, Population Mental Health Lab, Harvard T.H. Chan School of Public Health.

If this resonates, the next step is straightforward

By now, you've:

- Clarified what you're seeking
- Understood if Beckley might be a good fit
- Compared retreat formats and found one that fits your needs
- If this feels aligned, we invite you to take the next step

Take our 3-minute
suitability assessment

Find out if you are a fit

Book a 1:1 discovery call

with our team

Read alumni stories at:
[beckleyretreats.com /testimonials](https://beckleyretreats.com/testimonials)



The Dalai Lama, when asked what surprised him most about humanity, answered “Man! Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.”

www.beckleyretreats.com

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