



Beckley
Retreats

A PUBLIC BENEFIT CORPORATION

Science-backed psychedelic retreats

4-Night Retreat - Minimalist Program

As Featured In

Forbes

VOGUE

**The
Economist**

THE  TIMES

Handelsblatt

**Condé Nast
Traveler**



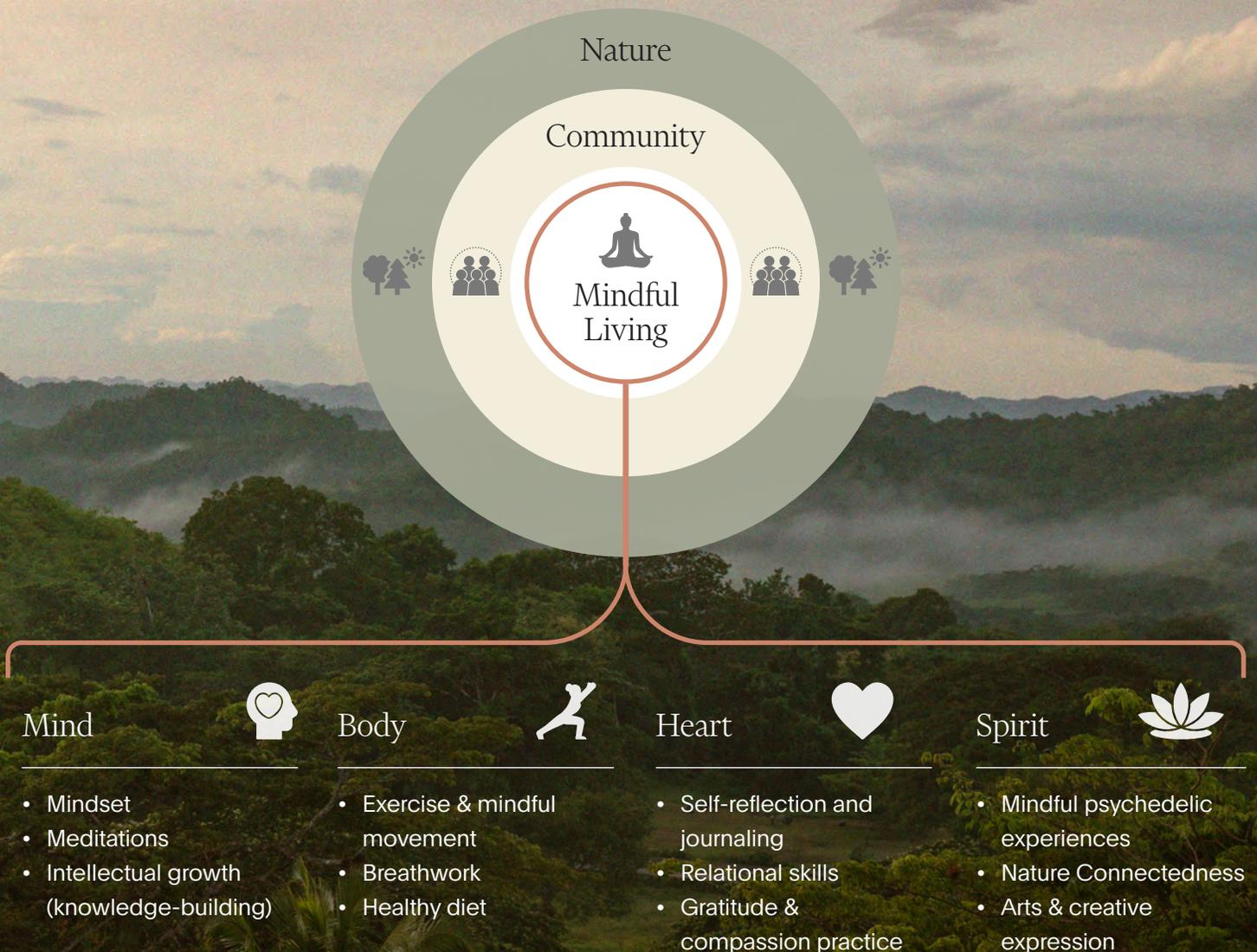
**BUSINESS
INSIDER**

**The
Standard**

FINANCIAL TIMES

At Beckley Retreats, we believe a healthier, more beautiful world is possible

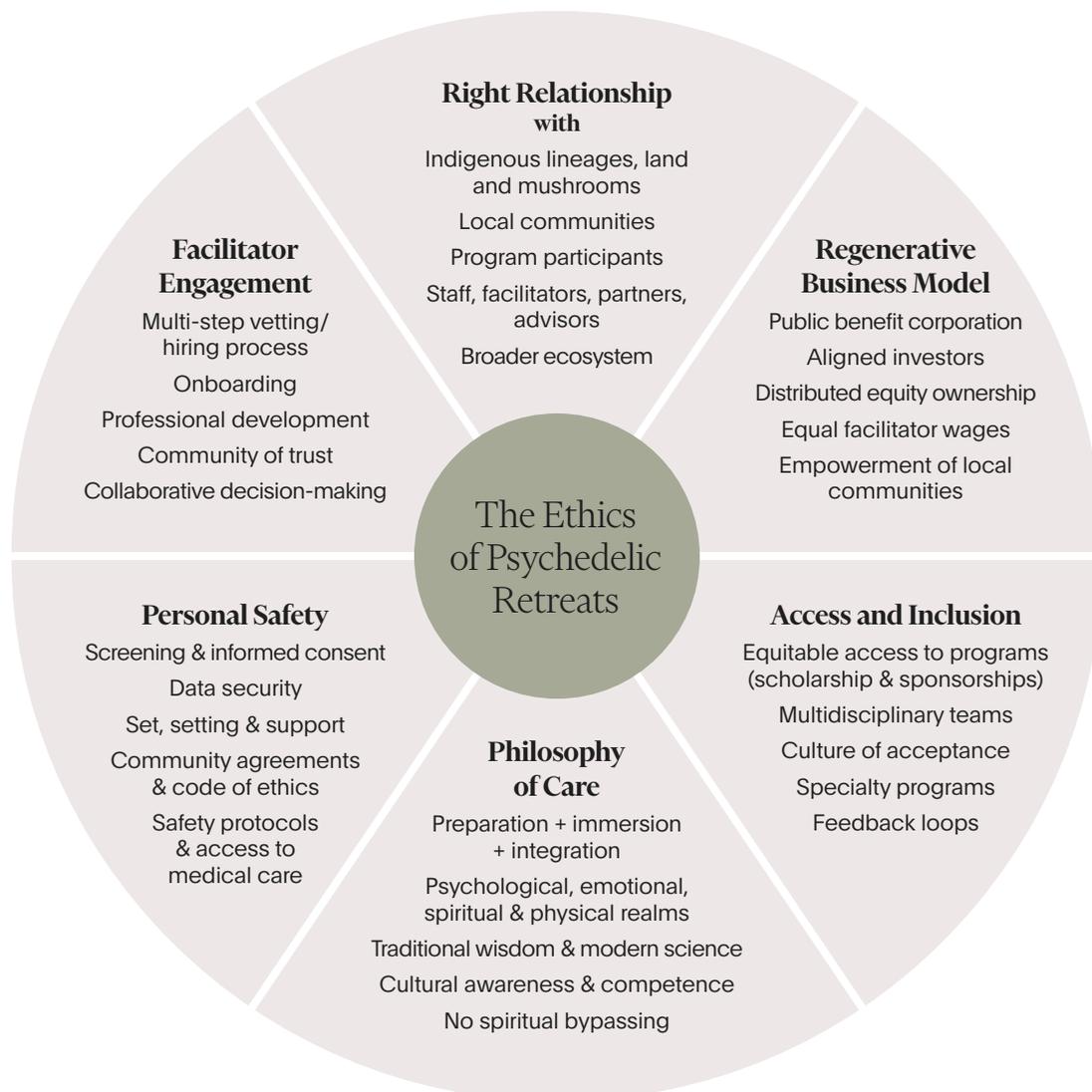
Feeling better - mentally, emotionally, and physically - begins with meaningful experiences, thoughtful support, and real connection. Life moves fast, and it's easy to lose touch with ourselves, others, and the world around us. But when we slow down, step outside of our routines, and engage with new perspectives, we open the door to profound personal growth. Everything we do is guided by three core pillars: Community, Service, and Wisdom. Together, they create the foundation for experiences that help people reconnect—with themselves, with others, and with what truly matters.



The Ethics of Psychedelic Retreats

Exploring psychedelics with intention and care.

At Beckley Retreats, we are committed to ethical, science-backed psychedelic experiences that respect traditional practices and foster positive change.



Why Our Participants Join

88% of our 650+ guests describe our program as “the most or one of the most meaningful experiences of their lives”.

Accelerate personal growth and self-understanding

Unleash performance and impact

Improve mood and wellbeing

Break through limitations and inner blocks

Address emotional wounds and destructive patterns

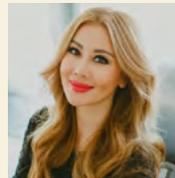
Build resilience and empathy

Explore spiritual connection and meaning



“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 & Co-Founder at Dexerto Media Group**



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

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



“If you want to reinvent yourself and be a better human being as part of humanity, do the work... The mushroom doesn't always give you what you want, but it will give you what you need.”

— **Jim MacPhee, Former COO Walt Disney World, Retreat Participant**



“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. And that felt really special to me.”

— **Candace Oglesby-Adepoju, Trauma Informed Psychotherapist**



“Since I came home, I have chosen to be light-hearted and patient. My daughter has started giving me spontaneous hugs like she used to. Maybe the cloud has lifted. Maybe the mushrooms did know what I needed.”

— **Harriet Walker, Fashion Editor, The Times**

Experience deep, lasting personal growth and wellbeing through the legal use of psilocybin mushrooms and holistic wellness practices in nature and community.

Why Beckley Retreats?

Building on Amanda Feilding's work at the Beckley Foundation, Beckley Retreats combines 25+ years of psychedelic research with compassionate guidance from world-class facilitators in modern and traditional wellbeing practices.

The Standard for Psychedelic Retreats

88% of our guests say our program was the most or one of the most meaningful experiences of their life.

Prepare

Immerse

Integrate

Grow



Program

Our retreat journey unfolds in four phases to support lasting growth. Begin with personalized preparation, dive into deep exploration, integrate your experiences, and stay connected with our community.

Prepare

Immerse

Integrate

Grow

Set the foundation and get ready

- Cohort prep sessions
- Self-guided app
- Optional 1:1 coaching

Go deep and build community

- 2 psilocybin ceremonies
- Meditation & movement
- Breathwork
- Group integration circles
- Nature immersion

Continue self-inquiry & build new habits

- Group integration
- Guided skill-building
- Optional 1:1 coaching

Stay connected and stay committed

- Monthly alum calls led by facilitators
- Alumni community
- Ambassador program



Program - Prepare

Personal attention, community, and flexible preparation options for an optimized retreat experience.



Set the foundation and get ready. **Go at your own pace.**

The month leading up to the retreat marks the beginning of the Beckley Retreats journey. Participants enjoy building skills and confidence, and getting to know one another prior to the retreat. **Scale up or down your participation based on your availability. Completed digitally, from your home at your own pace.**

1:1 Preparation Session

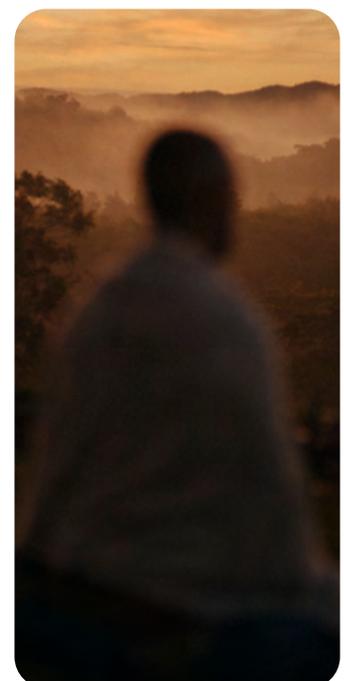
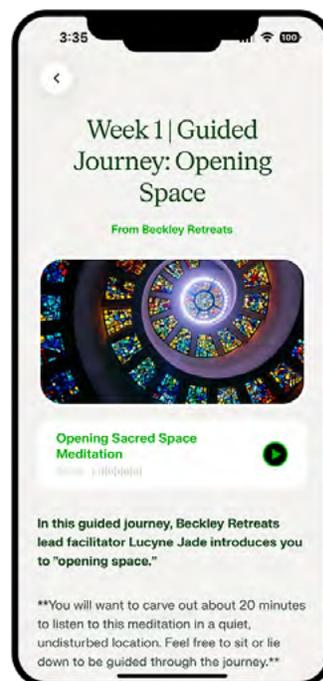
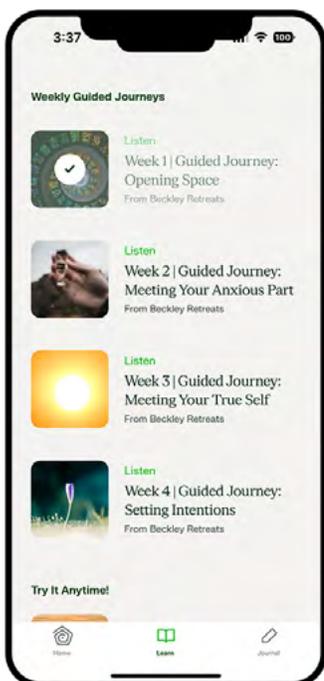
Speak with a retreat facilitator for personal support.

Two Group Sessions

90-minutes for community building, guided practices, discussion, and relational skill-building.

Optional Coaching Support

Supplementary 1:1 coaching available.



Program - Immerse

Beautiful locations. Rigorous safety protocols. Expert facilitators. Nourishing cuisine. A well-paced schedule giving ample space to commune with self, nature, and one another.



Practice and experience in community

Our immersive retreat schedule provides the perfect balance of guided ceremonies, personal reflection, and group activities in a serene natural setting.

Immersion Program (Retreat) Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5
06:00					
07:00					
08:00		Movement & Meditation	Movement & Meditation	Movement & Meditation	Movement & Meditation
09:00		Breakfast	Breakfast	Breakfast	Breakfast
10:00		1:1 Sessions Relax/Hike/Nature	Integration Circle	1:1 Sessions Relax/Hike/Nature	Integration & Closing Circle
11:00		Breathwork or Voice Activation	Lunch	Breathwork or Voice Activation	
12:00		Smoothie/Group Time			Smoothie/Group Time
13:00		Rest/Free Time		Rest/Free Time	
14:00			Beach Relax Nature		Departure
15:00	Arrivals & Welcome	Psilocybin Ceremony (see next page)		Psilocybin Ceremony (see next page)	
16:00			Integration Circle		
17:00	Opening Circle		Dinner		
18:00					
19:00	Dinner				
20:00		Dinner	Fireside	Dinner	
21:00					

*Please note the schedule is subject to change as needed

Mushroom Ceremony

A thoughtful, guided ceremonial psilocybin experience rooted in practices from global wisdom traditions.

Prepare

Immerse

Integrate

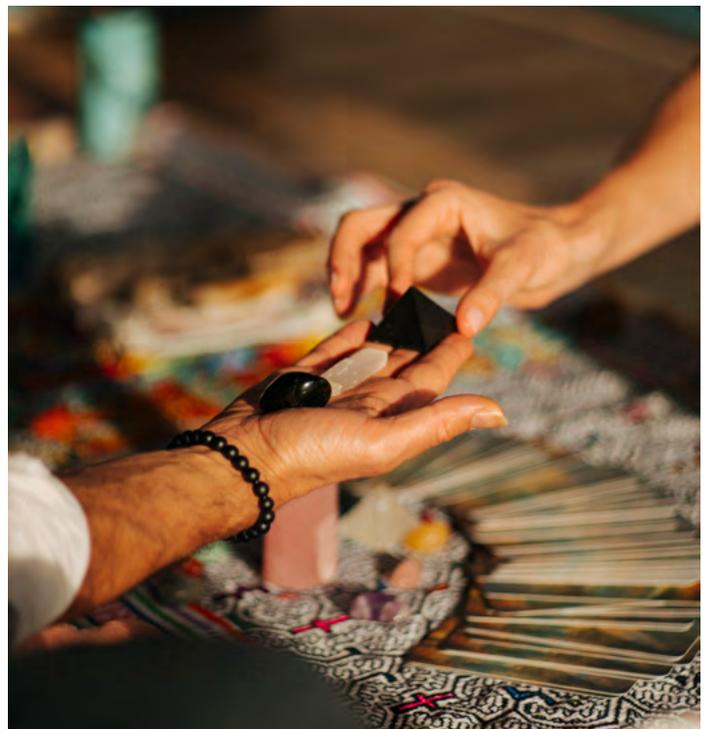
Grow

Harness the power of a group psychedelic experience.

Research shows that psychedelic journeys in group settings may promote a feeling of “communitas” - greater sense of connection, shared humanity, and a dissolution of hierarchies and social roles. The benefits of a collective setting are one of many predictors of long-term outcomes in wellbeing after a psychedelic experience.

About the Ceremony

Experience guided psilocybin ceremonies rooted in traditional and contemporary practices, supported by live music, our experienced facilitators and safety protocols.



Program - Integrate

A meticulously designed experience for receiving deep personal support and maintaining momentum towards positive change.



Continue self-inquiry and build new habits. **Go at your own pace.**

In the weeks following a psychedelic experience, the brain is in a state of neural plasticity and high suggestibility. This is an optimum window for anchoring in a positive mindset, productive self-reflection, and supportive integration practices. **Participate as much or as little as time permits.**

Guided Experience

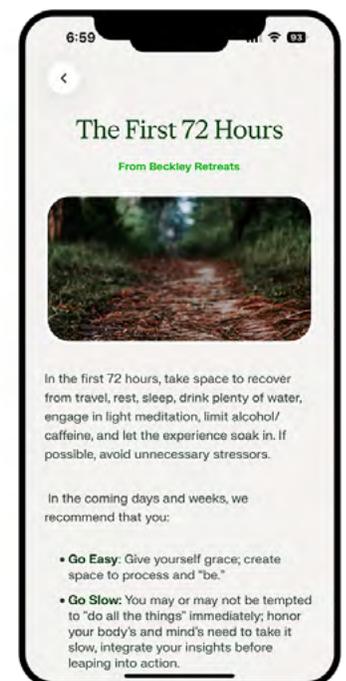
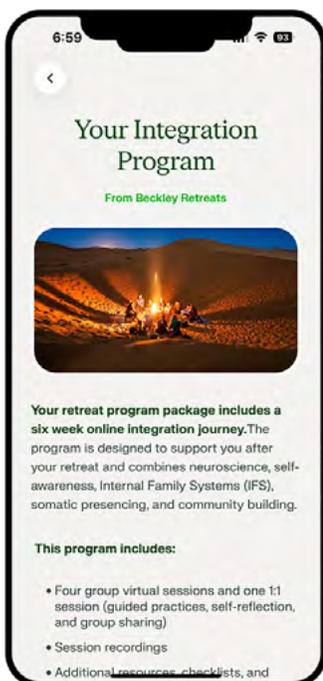
Content and resources in our app.

Four Group Sessions

90-minutes for community building, guided practices, discussion, and relational skill-building.

Additional 1:1 Support

Private coaching available for integration.



Program - Grow

Join our vibrant community, continue your journey of transformation and wellbeing & get involved.

Prepare

Immerse

Integrate

Grow

Stay connected and stay committed: **The Beckley Retreats alumni community.**

Many alumni seek to stay connected beyond integration - to deepen personal development and continue elevating their wellbeing. Beckley's community is designed to support that journey. Alums gain access to an ever-expanding circle of kindred spirits, seekers, and changemakers - along with continued guidance, curated tools and opportunities for lifelong growth, including live monthly calls, online resources, and in-metro connectivity events that foster real-world connection and community.

Monthly Alumni calls

Our live monthly gatherings are designed to keep the journey alive. Led by experienced Beckley facilitators, these sessions offer space for reflection, insight, and connection - and bring continued tools for transformation:



Integration Tools

Practical guidance and embodied practices to support ongoing growth



Meaningful Connection

Ongoing interaction with fellow alumni and trusted facilitators



Expanded Perspectives

Shared dialogue, new insights, and collective learning



Intention Alignment

A monthly pause to reflect, recenter, and realign



Minimalist Program Pricing

Jamaica, Coral Cove

Single



\$6,000 - Private premium individual room or book for two guests for an additional \$4,000.

Shared



\$4,000 - Standard shared room individually booked or book for two guests for an additional \$4,000.

Netherlands, The Place to Be

Single



\$3,000 - Private single room w/1 twin bed. Individual room with external shared bathroom.



\$6,000 - Private single room w/1 twin bed. Individual room with private bathroom.

Shared



\$4,000 - Standard shared double room w/2 twin beds. Shared room individually booked. You will be paired with a roommate. If you have a preferred roommate, please include this in your registration details under 'Requested Roommate'.



All bedrooms are intentionally simple, filled with natural light and designed to be minimal and comfortable. All prices include tax.

Additional Pricing Information

What's Included: Retreats include preparation program, private shuttle to/from airport, accommodation, guided ceremonies, wellness activities, meals, lodging, integration program, alumni community.

To ensure access for all, we offer financial aid: We prioritize applicants: a) who have demonstrated financial need, and/or, b) who have been historically underserved, underrepresented, or oppressed.

*All prices shown per person in USD; rooms include ensuite bathrooms and showers

Additional Offers

Offer	What's Included	Investment
1:1 Coaching pre- and post retreat	Private coaching with the facilitator from your retreat	\$230/session
Massage at retreat	Relaxing 60-minute full body massage	\$120 in Jamaica €99 in the Netherlands



Location

Jamaica



Jamaica is a paradisiacal island located in the Caribbean Sea. Known for its beautiful landscape, reggae and the warmth of its people, it is the perfect place to relax and connect with nature.

Jamaica is one of the few countries where the cultivation, gifting and consumption of psilocybin mushrooms is legal. This, together with its lush nature and scenery, makes it the ideal setting for our retreat.

Coral Cove, Jamaica

Founded on a vision of holistic wellness and restorative living, Coral Cove Wellness Resort is a serene retreat center set along the shores of Little Bay, just outside Negril. Rooted in a genuine Jamaican sense of ease and connection to nature, Coral Cove offers a peaceful environment where guests are invited to slow down, breathe deeply, and reconnect with themselves.



Location

The Netherlands



The Netherlands is known for a feeling of 'gezelligheid,' a mix of coziness, conviviality, comfort, and relaxation. The Dutch have liberal policies around substances; truffles are legal in the Netherlands, making it a wonderful place to offer safe experiences with truffles containing psilocybin.

The Place to Be, Netherlands

The Place to Be is a peaceful and spacious retreat center located just outside Doorn in the heart of the Netherlands. Surrounded by serene forests and open meadows, this former monastery has been beautifully repurposed to support deep inner work and spiritual growth. The space offers tranquil gardens, simple but cozy shared accommodations, and nourishing meals crafted with care.

Guided by a philosophy of intentional minimalism, the center embraces the essentials - comfort, quiet, and connection to nature - allowing guests to truly slow down and reconnect. There are no frills, just the understated beauty of a space designed to meet basic needs with grace and intention. Thoughtfully unadorned, yet deeply nurturing, The Place to Be offers a calm, grounding environment for profound healing and authentic presence.



Safety

Your wellbeing is our priority. We conduct suitability assessments and maintain rigorous safety protocols to ensure a safe and supportive experience.

Safe Location

Safe, private retreats in legal psilocybin locations.

Holistic Training

Expert facilitators blending indigenous wisdom with modern science.

Dedicated Care

1:3 facilitator-to-participant ratio for personalized support.

Access to Medical Care

Qualified facilitators with medical support nearby for 24/7 emergency access.

Screening Process

Rigorous screening ensures safe participation by assessing personal, medical, and psychiatric histories.

Safety Protocols

Comprehensive, regularly updated safety protocols are in place and shared with all team members and partners.



Select Program Facilitators

Our world-class team of practitioners has decades of combined experience holding safe, transformational spaces and working with psychedelics.



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.



Eber Rodriguez

Eber Rodriguez is a skillful multi-instrumentalist, breathwork, and psychedelic facilitator specializing in ancient chanting techniques and sound therapy. He creates a vibrational field that supports states of grounding relaxation and calm. He has years of study and practice with traditional plant medicine and indigenous masters.



Micah Tafari

Micah Tafari is a Jamaican custodian of land, and he shares his love of nature through farming, entheogenic plants, and sacred circles. He is a firekeeper, and also trained in sustainable building techniques, renewable energy, yoga, and meditation. He has played an integral role in establishing villages and intentional communities in Jamaica. At Beckley Retreats, he facilitates ceremonies and holds space for the deep work on retreat.



Tamara Slock

As a former nurse, Tamara realized that the compassion she had for her patients was a big part of the healing process. She started following the path of yoga, and became a breathworker, bodyworker, and Reiki practitioner, exploring different pathways for holistic wellbeing. At Beckley Retreats, Tamara uses music and various healing practices to lead ceremonies. She is known for her powerful singing voice and presence.



Rachael Oliver (Deva)

Deva is a Shamanic Guide and song carrier, a KRI-qualified Kundalini yoga and meditation teacher, and a social worker. She has spent many years working with trauma, offering counseling and support to children and families. During ceremony, she provides energetic support, sacred music, and a lot of love. Deva is known for her calm, grounded presence, and compassionate care.



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.

Psilocybin

Psilocybin has been used for millennia by Indigenous people and anecdotal evidence suggests it may improve wellbeing.



History

The use of psychoactive plants has been integral to the spiritual practices of Indigenous traditions from all over the world including Africa, the Americas and Europe. In fact, some historians believe that entheogenic plants were used as far back as 9000 B.C. based on rock paintings.

Psilocybin is a psychoactive compound found in +200 species of fungi. Aztecs and Mazatec shamans use it for diagnostic, medicinal/curative, spiritual, and recreational purposes to enter the realms of divine wisdom and healing. (2)

The Ceremonial Use of Psilocybin

Our retreats include two 6-hour psilocybin ceremonies.

Sitting together in ceremony has been done for millenia and anecdotal evidence suggests it has often been perceived to improve wellbeing.



Psilocybin

Benefits of Psilocybin

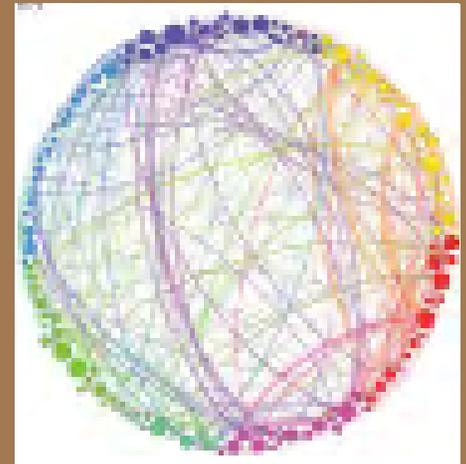
Modern scientific research into psilocybin indicates that there may be many potential lasting therapeutic benefits:

- Potential relief from depression, addiction, anxiety, obsessive compulsive disorder, and fear of death (3) (4) (5)
- Potential increased activity in the visual cortex and experience of “ego loss” (6) (7)
- Promotion of creativity and empathy, and enhances subjective wellbeing when taken in nature (8) (9)

Some studies have also shown that psilocybin may promote neurogenesis and neuroplasticity. (1)



Brain connectivity on placebo*



Brain connectivity on Psilocybin*

*Photo credit: The Beckley Foundation and Imperial College London Centre for Psychedelic Research

Sources:

- 1) Shao LX, Liao C, Gregg I, Davoudian PA, Savalia NK, Delagarza K, Kwan AC. Psilocybin induces rapid and persistent growth of dendritic spines in frontal cortex in vivo. *Neuron*. 2021 Aug 18;109(16):2535-2544.e4. doi: 10.1016/j.neuron.2021.06.008. Epub 2021 Jul 5. PMID: 34228959; PMCID: PMC8376772.
- 2) Jamilah R. George, Timothy I. Michaels, Jae Sevelius, and Monnica T. Williams. “The psychedelic renaissance and the limitations of a White-dominant medical framework: A call for indigenous and ethnic minority inclusion.” Yale University, University of Connecticut, University of California, Ottawa University. March 1, 2020.
- 3) Psilocybin with psychological support for treatment-resistant depression: six-month follow-up. (2017) *Psychopharmacology (Berl)*, Carhart-Harris RL,... Feilding A, Taylor D, Curran HV, Nutt DJ
- 4) Psilocybin with psychological support for treatment-resistant depression: an open label feasibility study (2016) *The Lancet Psychiatry*, Carhart-Harris RL, ... Feilding A, Nutt DJ.
- 5) Nathaniel Lee and Benji Jones. “How Magic Shrooms Affect Your Brain.” *BusinessInsider.com*. April 27, 2021.
- 6) Mason, N.L., Kuypers, K.P.C., Müller, F. et al. Me, myself, bye: regional alterations in glutamate and the experience of ego dissolution with psilocybin. *Neuropsychopharmacol*. 45, 2003–2011 (2020).
- 7) Carhart-Harris, R.L, Feilding, A., Lebedev, A.V., Lovden, M, Nutt, D.J., Rosenthal, G. (2015) Finding the self by losing the self: Neural correlates of ego-dissolution under psilocybin. *Human Brain Mapping*.
- 8) Natasha L. Mason, Elisabeth Mischler, Malin V. Uthaug & Kim P. C. Kuypers (2019) “Sub-Acute Effects of Psilocybin on Empathy, Creative Thinking, and Subjective Well-Being,” *Journal of Psychoactive Drugs*, 51:2, 123-134
- 9) Mason, N.L., Kuypers, K.P.C., Reckweg, J.T. et al. Spontaneous and deliberate creative cognition during and after psilocybin exposure. *Transl Psychiatry* 11, 209 (2021). <https://doi.org/10.1038/s41398-021-01335-5>

The Foundation of Transformation

At Beckley Retreats, wellbeing begins with intention. Whether you're seeking clarity, connection, or purpose, our programs offer the space and support to move forward with greater awareness. The next step is yours.



Community

We are wired for connection. At Beckley Retreats, we create intentional spaces where people reconnect - with themselves, with others on the path, and with the natural world. These aren't just programs—they're invitations to rediscover belonging.



Service

Our approach to care is thoughtful and intentional. Every element - from the setting to the structure - is designed to support deep, personal exploration. We don't lead; we hold space. So each participant feels safe, seen, and empowered.



Wisdom

We blend emerging science with ancient insight to expand perspective and invite self-inquiry. Beckley isn't about one path - it's about making space for your own.

Beckley Retreats Leadership Team

Committed to serving others and continuing our own inner work.



Neil Markey

Co-Founder, CEO

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



Vian Morales

Chief Operating Officer

One of the first Black women to graduate from The Citadel, Vian is a former Army officer who turned to yoga after burnout. She now champions accessible, science-based wellness at Beckley Retreats.



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. 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.

The Beckley Foundation

The Foundation collaborates with leading scientific and political institutions worldwide to initiate, design and develop ground-breaking research and global policy reform.



The Beckley Foundation's purpose is two-fold:

- To scientifically investigate the effects of psychoactive substances on the brain and consciousness in order to harness their potential benefits and minimize their potential harms; learn more about consciousness and brain function; and discover and explore new avenues for the treatment of illnesses;
- To achieve evidence-based changes in global drug policies in order to reduce the harms brought about by the unintended negative consequences of current drug policies; and develop improved policies based on health, harm reduction, cost-effectiveness, and human rights.



The Economist

Technology Quarterly | The new psychedelia

Ketamine, psilocybin and ecstasy are coming to the medicine cabinet

From expanding minds to healing brains

About Amanda Feilding

Amanda Feilding has been called the 'hidden hand' behind the renaissance of psychedelic science, and her contribution to global drug policy reform has been widely acknowledged. Amanda was first introduced to LSD in the mid-1960s. Impressed by its capacity to initiate mystical states of consciousness, she quickly recognized its transformative and therapeutic power.

Featured in the Guardian's list of the Bravest Men and Women in the History of Science, Amanda has initiated much ground-breaking research and has co-authored over 80 scientific articles in peer-reviewed journals.

In 1998 she founded the Beckley Foundation, and then hosted a series of eleven international seminars at the House of Lords, discussing key policy issues and drawing attention to the ignored topics of cannabis and psychedelics. These seminars, and the reports arising from them, were highly influential in changing attitudes among leading thinkers and policy-makers worldwide.

Through the Beckley Foundation's Policy Programme, Amanda has commissioned and published over 40 books, reports, and policy papers which have analyzed the negative consequences of the criminalization of drug use.

While her first love is the science, Amanda continues to bridge the divide between science and drug policy: her pioneering psychedelic research is providing the scientific evidence to open the doors for new therapies and to fuel a fair debate on drug policy reform.



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.”