

Experience transformational change through the ceremonial use of psilocybin, holistic wellbeing modalities and meditation practices



Reflect

Reset

Rewire

Why Beckley Retreats?

Our Co-Founder, Amanda Feilding, and The Beckley Foundation have been researching the transformational potential of psychedelics for over 25 years. At Beckley Retreats, we provide world-renowned, safe, and professional retreats to those looking to grow and improve their wellbeing through psilocybin ceremonies and holistic modalities. Our team is comprised of experts from many fields, with decades of experience in both modern approaches to wellbeing and indigenous wisdom traditions.

11 week Program

Pre-retreat preparation
4 weeks, virtual

One-week immersion
6 days, Jamaica

Post-retreat integration
6 weeks, virtual

Location



Good Hope Villas are located in the Cockpit Country region, Jamaica. This region is the natural habitat for most of the island's native flora and fauna. The property is 40 mins from the Montego Bay Airport in a gated and secluded location deep in nature. Today, Good Hope is used exclusively for wellbeing programs and has private river and beach access. During the retreat, we will host a max. of 18 participants to ensure an intimate experience.

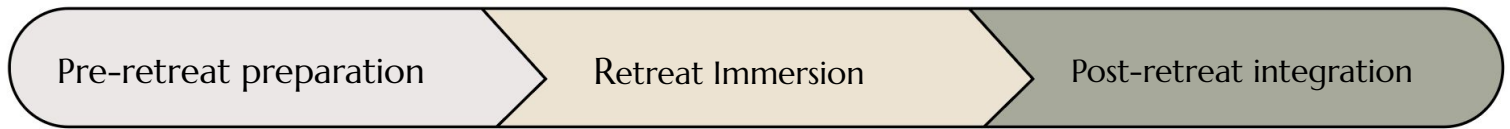
Sign up

[Apply now - Click here](#)

For questions, reach out to our team:
welcome@beckleyretreats.com
+1 240-285-1009

Program

World-renowned teachers and guides. World-class cuisine. An extraordinary opportunity for significant improvements in wellbeing.



Pre-retreat preparation

- Set the foundation and learn the basics
- Group workshops
 - 1:1 facilitator intake calls
 - Journaling and preparation exercises
 - Wellbeing practices introduction and instruction

Retreat Immersion

Experience the practices and ceremony together

- Psilocybin ceremonies
- Meditation
- Mindful movement
- Therapeutic group integration
- Nature immersion & digital detox
- Breathwork

Post-retreat integration

Build habits and make change

- 6 week rewiring program:
- Daily well-being practices
 - Weekly group calls
 - Meditation modules
 - Breathwork modules

Immersion Program schedule

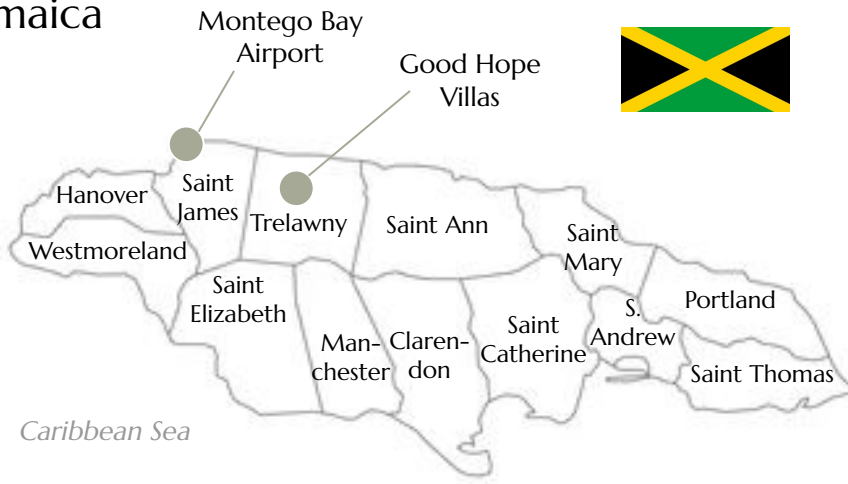
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
07:00 - 08:00		Movement	Movement	Movement	Movement	
08:00 - 09:00		Meditation	Meditation	Meditation	Meditation	
09:00 - 10:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11:00		Nature walk	Integration Session	Free time	Integration Session	Departure
11:00 - 12:00		Smoothie		Smoothie		
12:00 - 13:00		Breathwork		Breathwork		
13:00 - 14:00		Psilocybin ceremony	Lunch	Psilocybin ceremony	Lunch	
14:00 - 15:00	Arrivals		Relax Beach Hike		Relax Beach Hike	
15:00 - 16:00	Welcome /orientation		Afternoon integration session		Afternoon integration session	
16:00 - 17:00	Opening ceremony		Dinner		Dinner	
17:00 - 18:00						
18:00 - 19:00	Dinner	Dinner	Dinner	Dinner	Dinner	
19:00 - 20:00						
20:00 - 21:00						

Schedule subject to change.

Location

Deep in nature in space dedicated to inner work. An oasis of natural beauty away from the distraction and stimulus of our modern world.

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 perfect setting for our retreat.

Good Hope

The Good Hope property has two special villas, each centuries old, cut-stone homes. The entire property was recently renovated with care to retain the historic charm. The villas have a total of 13 rooms, all with their own bathroom, premium bedding and linens and thoughtful decor. The beautiful landscape is perfect to enjoy the sunrise and sunset across the open mountainous vistas.



Amenities

- Two swimming pools
- Private beach (20 min shuttle) and river access
- Yoga room
- Paddle boards, kayaks and surfboards
- Internet
- Air conditioning

For more information and pictures visit:
<http://goodhopejamaica.com/>

Safety

Your psychological, emotional, and physical safety is our priority.

Connected and safe location

Private setting

Our group will solely occupy the entire Good Hope campus during the retreat to ensure a peaceful and distraction-free experience

Safe location

Good Hope is a remote and gated property with 24-hour security

Medical centers

An urgent care facility is located within 20 minutes and full medical trauma care is within 45 minutes in Montego Bay

Professionally trained staff

Holistic training

Our world-class team of facilitators bring together the wisdom of indigenous practices with modern scientific knowledge. Our staff has 50 years of combined experience in psychedelic medicine

Dedicated care

There will be a minimum of one facilitator for every 4 participants to focus on your wellbeing during the ceremonies

Medical professionals

Our ceremony facilitator is a licensed psychotherapist and we have a 24/7 on-call medical doctor

Individual attention

Suitability screening

During your confidential intake with our lead facilitator and psychotherapist, we will (with your consent) discuss the personal medical and psychiatric history that you share with us. If we determine that consuming psilocybin may lead you to experience unwanted drug interactions and other unintended complications, you will not be able to participate in the psilocybin ceremonies



Guides and Ceremony Team

Our world-class team of practitioners have decades of combined experience creating safe and transformational healing spaces and working with psychedelics.



Lucyne Pearson
Lead Facilitator and
Psychotherapist

Lucyne is a certified Integrative Psychotherapist. She was the Founder of The Deepening Process retreats in the UK and has run shamanic retreats in Brazil, Spain and Costa Rica. She specialises in shamanism, breathwork and ancestral healing. She is a skilled sound healer and a master of making connections between the wisdom of ancient practices and modern day neuroscience.



Zach Stockdale
Facilitator and Meditation
Teacher

Zach is a former US Army Ranger and Iraq War veteran. He first discovered the words of the Buddha on his third deployment to Ramadi, Iraq. He has now spent more days in silent meditation than in war. He has sat in meditation with many of the living masters of our age: monks of the Thai Forest tradition, the Burmese Theravada tradition, the Sri Lankan Theravada tradition, the Tibetan Buddhist tradition, among others.



Sonia Kreitzer
(Doe Paoro)
Medicine Musician and Voice
Activation Therapist

Sonia is a singer, songwriter, sound healer, certified yoga teacher, and Reiki practitioner. She studied Tibetan opera singing and yoga in India, and facilitates sound healings and medicine ceremonies intended to help participants work through and release trauma. She sees music as a healing and unifying energy and has toured with artists such as The Gipsy Kings and Bon Iver.



Petar Savic
(Prem Sangeet)
Musician and Shamanic
Facilitator

Prem is an exceptional musician and ceremony facilitator. He studied jazz music and played the guitar on tour as well as ceremonies and retreats. He fell in love with shamanism after reading books of Carlos Castaneda in his teenage years. Petar is also an entrepreneur and, super-connector bridging the gap between technical and creative worlds.



Patrice Dwyer
Ceremony facilitator

Patrice Dwyer specializes in supporting participants with journey preparation and integration. She has over 19 years of experience in multidisciplinary healing work, and is a certified lymphedema therapist, Reflexologist, Reiki Master, cancer coach, patient navigator, and death doula. At Beckley she combines this all, offering body and energy work, as well as active listening practices.



Dr. Dingle Spence
MD and Facilitator

Dr. Dingle Spence is the Director of the Jamaica Cancer Care & Research Institute. She is a Jamaican physician (Clinical Oncology and Palliative Medicine.) and the Senior Medical Officer of the Hope Institute Hospital, She serves as a Board Member of the International Association for Hospice & Palliative Care, President-Elect of the Caribbean Palliative Care Association and as Associate Lecturer at the University of the West Indies and the Cicely Saunders Institute, King's College London. She is a trained Psychedelic guide with extensive experience working with Psychedelics for healing.

Psilocybin

Psilocybin has been used for millennia by indigenous people and anecdotal evidence suggests it may also 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 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)

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 well-being when taken in nature (8) (9)



The Ceremonial Use of Psilocybin

Our retreats incorporate 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 well-being. Some studies have also shown that psilocybin may promote neurogenesis and neuroplasticity(1)

Our ceremonies are not held in a specific tradition or lineage but bring music and prayers from different traditions that carry the vibration of pure intention and the frequency of love.

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
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- 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*.
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- 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 Beckley Foundation

The best way to overcome the taboo, and re-integrate psychedelics into the fabric of society, is by undertaking the very best scientific research.” - Amanda Feilding

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 minimise 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.



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EDITORS' PICK | Jun 15, 2021, 07:00am EDT | 3,330 views

Queen Of The Psychedelic Renaissance: Amanda Feilding Has Been Committed To Cognitive Liberty For 55 Years

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 recognised 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.

Learn more at: www.beckleyfoundation.org



BECKLEY
FOUNDATION

Mission & Reciprocity Programs

Beckley Retreats is on a mission....

Beckley Retreats Mission and Vision

MISSION

Set the standard for transformative experiences that can spark broader positive change while being an example of “conscious business”.

VISION

Psychedelics have the power to unlock a new way of seeing, to perceive what we could not previously; this leads to new understandings that can shift both our stories and our lives.

Our experiences are designed to set the ideal conditions for this higher purpose: **To unlock a new way of seeing for those who are ready, and to inspire a more harmonious way of life.**

Reciprocity programs



HEROIC
HEARTS
PROJECT

LOCAL JAMAICA COMMUNITY GRANTS

- **JACCRI research projects** - The Jamaica Cancer Care and Research Institute, is a nonprofit organization dedicated to improving access to quality cancer care for all Jamaicans. A principal focus of JACCRI is on education and research in palliative care. The JACCRI group is particularly interested in researching the efficacy of psilocybin as medicine for the relief of a range of symptoms common in patients facing the end of life.
- **Beckley Foundation research projects** - supporting BF research project into palliative care with psilocybin for low-income Jamaicans.

EQUITABLE ACCESS SCHOLARSHIPS AND DONATIONS

- **Veterans** - donations to both VETS (Veterans Exploring Treatment Solutions) and Heroic Hearts Project; two organizations providing veterans with access to psychedelic therapies.
- **Scholarships** - funding scholarships for applicants from diverse socio-economic environments and backgrounds

Beckley Retreats Leadership

Committed to serving others and continuing our own inner work.



Jeya Lorenz
Chief Experience Officer

Jeya is an expert across different projects related to consciousness, wellness, psychedelics and Earth Reciprocity. She is co-founder of a conscious co-working and retreat space in London (UK) and supported on curation and facilitation. Today, she lives in Costa Rica where she supports retreats. Jeya is an experienced plant medicine-sitter and also assists in ceremonies on the retreats. Jeya's dream for the future is a world where we are in deep communion with these holy medicines and we live in reverence of the precious indigenous wisdom.



Alexandra Pallas
Chief Program Officer

Alexandra is passionate about creating transformational experiences that support people in aligning with their destinies for our collective evolution. She has served as a business management consultant with top global firms, a product design leader at non-profits, and an executive coach. She is also a forest-wandering mother, animist, mindfulness facilitator & ceremonialist. She has trained at the Four Winds Society, American University of Complementary Medicine & various mystery schools, and is working on an M.A. in Mindful Leadership.



Neil Markey
Co-Founder and CEO

Neil is a former Army Ranger Captain, entrepreneur, McKinsey consultant and Private Equity C-level burnout. A mathematician through schooling and a seeker through trauma. Neil is the Founder of Maryland Mindfulness and received a MBSR (Mindfulness Based Stress Reduction) teachers certification from Jefferson University - Myrna Brynd Center for Integrative Medicine. Neil has taught meditation to professional athletes, special forces soldiers, and business executives. Neil's new mission is to connect organization leaders to the healing spiritual arts and wellbeing practices.



Amanda Feilding
Co-Founder

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 recognised its transformative and therapeutic power.



Sylvia Benito
Director

Sylvia connects consciousness to capital by bridging the traditional world of investing to her proprietary innovations in quantifying the alignment, awareness, and transformative purpose of any company. Sylvia believes that entrepreneurs are the most capacitated group to create social shifts at a massive scale in our world, and trusts that the deployment of capital to those visionaries who can concurrently execute is a powerful agent of change.



Rock Feilding-Mellen
Co-Founder and Director

Rock is the co-founder and partner at Beckley Waves, which seeks to create, cultivate, and support start-ups that are poised to provide transformational benefits to individuals and our society at large through finding innovative solutions to the growing epidemic of mental illness or through finding new ways to boost creativity and connectedness.

“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.”