

Embark on a journey of personal leadership transformation and regenerative economics exploration through the ceremonial use of psilocybin, meditation, and holistic wellbeing practices



## Leadership Program

### 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 wellbeing 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.

Please [click here](#) to learn important information about Good Hope's history.

### Sign up

[Apply now - Click here](#)

For questions, reach out to our team:  
[welcome@beckleyretreats.com](mailto:welcome@beckleyretreats.com)



# Leadership Program

Discover how consciousness-expanding experiences can shape your personal leadership and your impact on others.

Join a community of leaders engaging in transformative learnings and practices.

- Learn about regenerative systems and regenerative business practices
- Experience how transformative personal experiences can translate into organizational change
- Explore the neuroscience of change
- Discover the power of reflective practices for self-awareness and self-regulation
- Use internal work to explore relationality: presence, trust-building, and mindful communication
- Revisit your personal vision, values, and leadership journey

## Who is this program for?

This program is designed to serve those who currently hold a leadership position within a professional organization. Those who have decision-making authority over a professional domain are invited to apply. Examples of decision-making authority include:

- Allocating capital for specific organizational goals such as new plant and equipment, market expansion, brand development, R&D, new product or process development, creation of supply chains, redesign of organizational practices, and other goals.
- Overseeing other individuals or teams working towards organizational goals.
- Developing or executing organizational strategy, targets, mission, or aims.

## Optional research study participation

Those participating in this program have the opportunity to join the “Connected Leadership” study being led by Dr. Rachelle Sampson and Dr. Bennet Zelner of the University of Maryland Smith School of Business. *All information collected for the study (including participants’ identity) is confidential and will be protected using stringent security measures.* Study participants will receive access to longer-term support in community, and roundtables facilitated by Dr. Sampson and Dr. Zelner. An information session on the study will be offered before the retreat program begins.



# Program Directors and Advisors



**Rachelle Sampson**  
Co-Principal Investigator

Rachelle C. Sampson, Ph.D. is a social scientist, educator, and consultant with training in the neuroscience of change, transformational coaching, law and business economics. She is Associate Professor of Business and Public Policy at the University of Maryland, Senior Policy Scholar at Georgetown University's Center for Business and Public Policy, Research Fellow at the Wharton School's ESG Institute and the founder of Blue Prism, a coaching practice focused on aligning action with values and purpose. Dr. Sampson's research, consulting and teaching focuses on harnessing capital markets to encourage significant environmental and social change. Dr. Sampson holds a PhD in business economics from the University of Michigan, law and accounting degrees from Queensland University of Technology, Australia.



**Bennet Zelner**  
Co-Principal Investigator

Bennet A. Zelner, Ph.D. researches, teaches, and advises on regenerative economics, psychedelics, and leadership. He serves as Associate Professor of Business and Public Policy at the Robert H. Smith School of Business at the University of Maryland, College Park. Bennet is a frequent presenter at conferences and seminars, and his talks and articles can be found on his LinkedIn page. He advises organizations engaged in the development of regenerative patterning and the production of well-being, including the Usona Institute, the Synthesis Institute, Brooklyn Psychedelic Society, and Nautilus Psychedelic Medicine Institute. Dr. Zelner received his bachelor's degree from Brown University and his Ph.D. from the University of California at Berkeley.



**Neil Markey**  
Program Lead  
CEO and Co-Founder, Beckley  
Retreats

Neil is a former Army Ranger Captain, entrepreneur, McKinsey consultant and Private Equity C-level burnout. In his last corporate role, Neil served as the Chief Commercial Officer for a \$450M revenue PE portfolio company. Neil received a BS in Mathematics from University of Maryland and a dual MBA/MIA from Columbia University. Neil has been practicing meditation for over 10 years and received a MBSR (Mindfulness Based Stress Reduction) teachers certification from Jefferson University - Myrna Brynd Center for Integrative Medicine. While at McKinsey and Company, Neil co-led the internal mindfulness program and was the first consultant to teach meditation to clients.



**Vian Morales**  
Program Lead  
SVP of Operation, Beckley  
Retreats

Vian discovered the importance of physical health at a young age. As the 33rd black female graduate of The Citadel, an officer in the U.S. Army, and nearly two decades of managing people and processes in the corporate sector, Vian quickly recognized the burnout and mental health issues engulfing these spaces. She found it challenging to access science-based, safe, holistic options. Through tragedy and deep work, she re-grounded herself through yoga, meditation, and becoming a breathwork facilitator. Vian has dedicated herself to bringing holistic practices, understanding and accessibility of ancient wisdom to others.



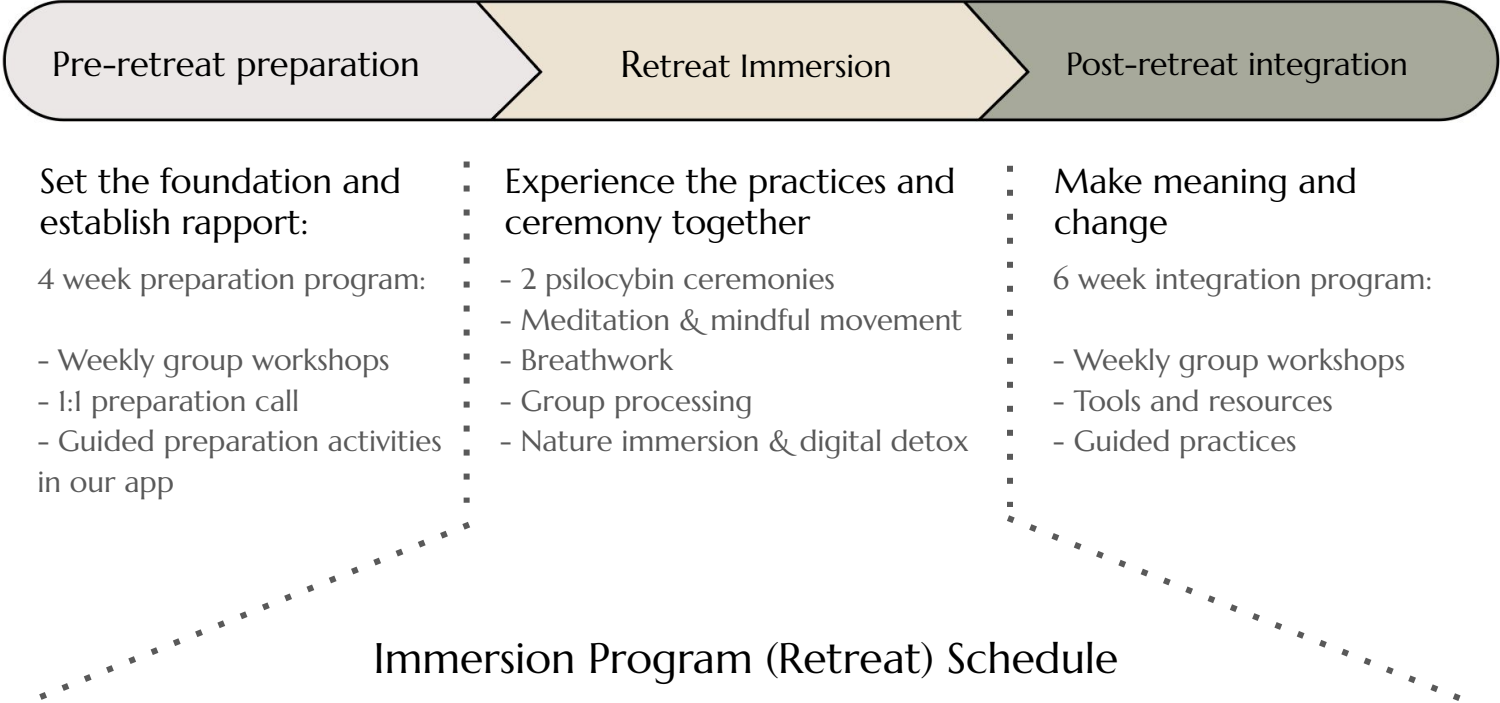
**Alexandra Pallas**  
Program Lead  
SVP of Programs and Co-Founder,  
Beckley Retreats

Alexandra is passionate about facilitating transformational experiences that support leaders in aligning with their purpose, passion and potential. A former ed tech leader and consultant with Deloitte and Booz Allen Hamilton, she specializes in organizational learning strategy, leadership development, human capital management, and program management. Alexandra has studied, practiced and taught holistic wellbeing modalities and ancient wisdom traditions for 20 years. She graduated from the UCLA School of Film & TV, trained extensively at the American University of Complementary Medicine and other wisdom schools, and is finishing an M.A. in Mindful Leadership.



# Program Structure

Expert facilitators. Comprehensive support. An extraordinary opportunity for significant improvements in connectedness and wellbeing.



## Immersion Program (Retreat) Schedule

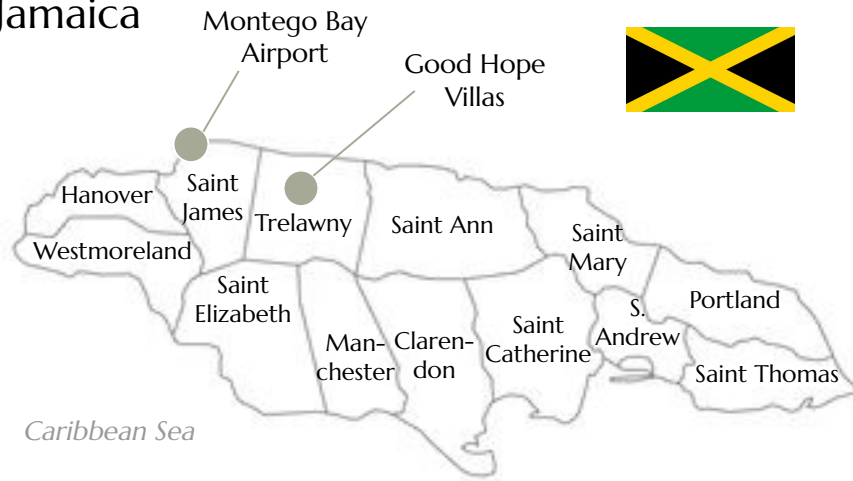
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
07:00 - 08:00		Movement	Movement	Movement	Movement	
08:00 - 09:00		Meditation	Meditation	Meditation	Meditation	
09:00 - 10:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 11:00		I:I Sessions / Nature	Integration Session	I:I Sessions / Nature	Integration 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 I:I Sessions		Relax Beach Nature	
15:00 - 16:00	Welcome /orientation					
16:00 - 17:00	Opening Session		Afternoon integration session		Afternoon integration session	
17:00 - 18:00						
18:00 - 19:00	Dinner		Dinner		Dinner	Dinner
19:00 - 20:00		Dinner		Dinner		
20:00 - 21:00						

Schedule subject to change.

# Location

Deep in nature in a space dedicated to personal development work. An oasis of natural beauty away from the distractions of everyday life.

## 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 rejuvenate 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 retreat.

## Good Hope

The Good Hope property has two special villas, each centuries old, cut-stone homes. The entire property was recently renovated. 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.

Please [click here](#) to learn important information about Good Hope's history.



## Amenities

- Two swimming pools
- Private beach (20 min shuttle) and river access
- Yoga room
- WiFi
- Air conditioning
- Beautifully decorated, comfortable bedrooms
- Indoor and outdoor common areas



# Safety

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

## Safe Location

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Our retreats are held in locations where psilocybin mushrooms/truffles are legal. Our retreat centers are spacious, remote, safe, and secure. In Jamaica, our group is the sole occupant of the property. In the Netherlands, our group is the sole occupant of the retreat side of the property.

## Holistic Training

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Our world-class team of facilitators brings together the wisdom of Indigenous practices with modern scientific knowledge. Our staff has decades of combined experience in guided psychedelic experiences.

## Dedicated Care

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There will be a minimum of one facilitator for every 4 participants to focus on your wellbeing during the ceremonies. Typically, however, the ratio is closer to 1:3.

## Access to Medical Care

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Our retreats are facilitated by qualified professionals, at least one of whom is also a professionally licensed physician, psychologist, or psychotherapist. Although our facilitators do not serve in a formal medical capacity in our programs, they bring a wealth of knowledge and expertise. In Jamaica, we have access to a locally-licensed, 24/7 on-call doctor as well as access to urgent care facilities and hospitals within a 30-60 minute drive.

## Suitability Screening

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Our rigorous application process has been designed to assist participants in safely participating in program activities. Our screening reviewers carefully assess each applicant's personal, medical and psychiatric history (with consent). For some individuals, participating in program activities, particularly consuming psilocybin, may lead to undesirable drug interactions or other psychiatric or physical complications. In these cases, we are unable to approve applications.

## Safety Protocols

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We have devised a safety plan and risk management protocols to prevent/anticipate and respond/react to a variety of potential safety issues. This plan is frequently revisited, updated, and shared with our retreat site partners, operations staff, and facilitation team members.



# 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 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)

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



## 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.

### 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 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 twofold:

- 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.



## 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](http://www.beckleyfoundation.org)





# Mission & Reciprocity Programs

Beckley Retreats is on a mission....

## Mission, Vision and Values

### MISSION

Set the standard for transformative experiences that can spark broader positive change.

### 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.**

### VALUES

Nurture personal growth, honor heritage, stay curious, and spark change

## Ethics and Community Impact



HEROIC  
HEARTS  
PROJECT

### ETHICS AND COMMUNITY IMPACT PLAN

- Conscious business practices
- Equitable access: scholarships, sponsorships, donations
- Program safety for diverse program participants, trauma-informed approaches
- Right relationship with local communities and Indigenous lineages

### EQUITABLE ACCESS: SCHOLARSHIPS AND SPONSORSHIPS

- **Scholarships:** A program developed to support those who have a financial need and are historically underrepresented in the psychedelic community.
- **Veterans Support:** Donations to both VETS (Veterans Exploring Treatment Solutions) and Heroic Hearts Project; two organizations providing veterans with access to psychedelic therapies.

“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.”