

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 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.

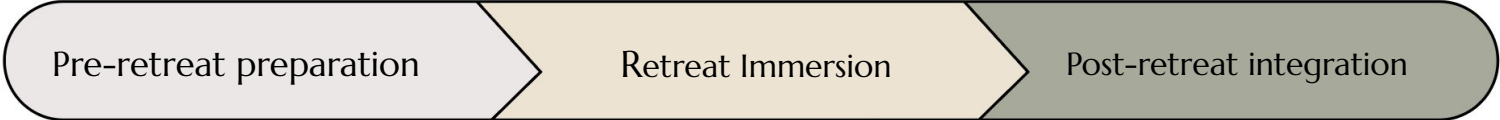
## Sign up

[Apply now - Click here](#)

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

# Program

Expert facilitators. World-class cuisine. Mind-body-heart-spirit focus. An extraordinary opportunity for significant improvements in wellbeing.



- Set the foundation and learn the basics

  - Group workshops
  - 1:1 intake call
  - Guided preparation experience and resources in our app

Experience the practices and ceremony together

  - 2 psilocybin ceremonies
  - Meditation
  - Mindful movement
  - Breathwork
  - Group circles
  - Nature immersion & digital detox

Build habits and make change

6 week integration program:

  - Guided practices
  - Group calls
  - Tools and resources in our app

## Immersion Program (Retreat) Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6		
07:00		Movement	Movement	Movement	Movement			
08:00		Meditation	Meditation	Meditation	Meditation			
09:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
10:00		1:1 Check-ins	Integration Circle	Relax/Hike/ Nature/ 1:1 Session	Integration Circle	Departure		
11:00		Smoothie		Smoothie				
12:00		Breathwork or Voice Activation	Lunch	Breathwork or Voice Activation	Lunch			
13:00		Rest	Relax Beach Nature	Rest	Relax Beach Nature			
14:00								
15:00	Arrivals / Welcome COVID Testing	Ceremony		Integration Circle		Ceremony	Integration Circle	
16:00								
17:00	Opening Circle							
18:00	Pod Breakouts							
19:00	Dinner		Dinner		Dinner			
20:00		Dinner	Fireside	Dinner	Optional Fireside			
21:00								

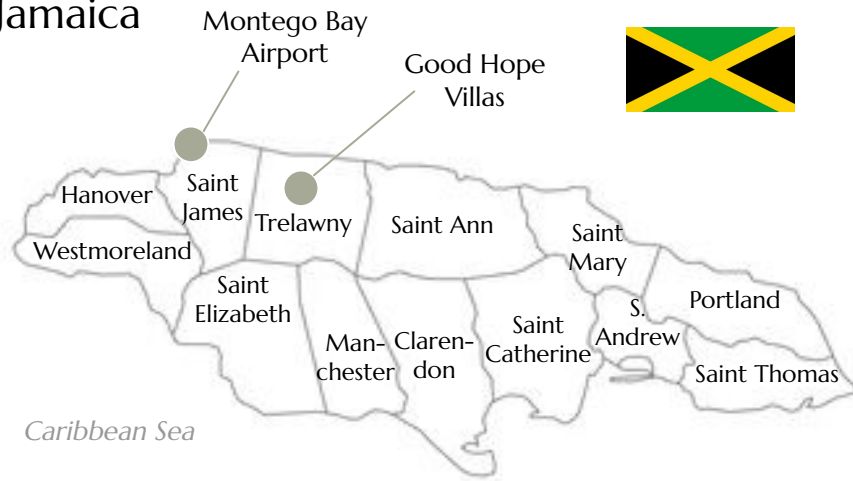
Schedule subject to change.



# 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 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.

## 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.

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
- Common areas, indoors and outdoors



# 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.

## Holistic Training

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Our world-class team of facilitators brings together the wisdom of Indigenous practices with modern clinical expertise. Our staff has decades of combined experience in guided psychedelic experiences and other holistic wellbeing modalities.

## 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. A nurse is also present on-site during Ceremony.

## 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.





# Select Program Facilitators

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



Lucyne Pearson

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.



Dr. Dingle Spence

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.



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 his work with Beckley Retreats. He leads the group processes in the preparation program and during retreat integration circles. Ben trained at the Centre for Biodynamic Body Psychotherapy.



Patrice Dwyer

Patrice 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.



Petar Savic  
(Prem Sangeet)

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. He is also an entrepreneur and, super-connector bridging the gap between technical and creative worlds.



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, became a breathworker, bodyworker and Reiki practitioner, exploring different pathways for holistic wellbeing. At Beckley Retreats, she uses music and various healing practices to lead ceremonies.



Rachael Oliver  
(Deva)

Deva is a Shamanic Guide and song carrier, a KRI qualified Kundalini Yoga and Meditation teacher, and 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.



Eber Rodriguez

Eber Rodriguez is a skillful multi-instrumentalist, breathwork and psychedelic facilitator specialized 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.

# 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:

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- 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 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.



## 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.



# Beckley Retreats Team

Committed to serving others and continuing our own inner work.



**Neil Markey**  
Co-Founder, 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.



**Alexandra Pallas**  
Co-Founder, SVP of Programs

Alexandra is passionate about facilitating transformational experiences that support people in aligning with their purpose and passion. A former ed tech leader and management consultant at top global firms, she specializes in organizational learning strategy, leadership development, 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.



**Vian Morales**  
SVP of Operations

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.



**Jeya Lorenz**  
Director of Retreat Experience

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.



**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, 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.”