



Beckley  
Retreats

A PUBLIC BENEFIT CORPORATION

Science-backed  
psychedelic retreats







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

## Why Beckley Retreats?

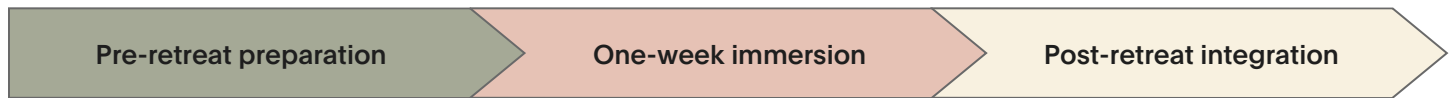
Our Co-Founder Amanda Feilding and The Beckley Foundation have been researching the transformational potential of psychedelics for over 25 years. At Beckley Retreats, we provide world-renowned, safe, and professional retreats to those looking to grow and improve their wellbeing through psilocybin ceremonies 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



# Program

A comprehensive program that gives you the tools for meaningful change.



## Set the foundation and learn the basics

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

## 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
- Supplementary 1:1 coaching

### Immersion Program (Retreat) Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
06:00		Morning Walk		Morning Walk		
07:00		Movement		Movement		Morning Walk
08:00		Meditation	Movement	Meditation	Movement	
09:00		Breakfast	Meditation	Breakfast	Meditation	
10:00		1:1 Sessions Relax/Nature	Breakfast	1:1 Sessions Relax/Nature	Breakfast	Breakfast
11:00			Integration Circle		Integration Circle	
12:00		Breathwork or Voice Activation		Breathwork or Voice Activation		Departure
13:00		Smoothie/Group Time	Lunch	Smoothie/Group Time	Lunch	
14:00		Lunch		Lunch		
15:00		Rest / Team Ceremony Prep	Beach Relax Nature	Rest / Team Ceremony Prep	Beach Relax Nature	
16:00	Arrivals & Welcome	Ceremony		Ceremony		
17:00						
18:00	Opening		Integration Circle		Integration Circle	Integration Circle
19:00	Circle Pod					
20:00	Breakouts		Dinner		Dinner	
21:00	Dinner	Dinner	Fireside	Dinner	Fireside	

Schedule subject to change.

# The Ethics of Psychedelic Retreats

Working ethically,  
safely, and in right relationship.

The modern-day, above-ground psychedelic retreat industry is nascent. There are no gold standards for integrating traditional models of psychedelic use in Indigenous historical contexts with emerging science to offer transformational psychedelic experiences legally, safely, and ethically in a retreat setting. As a Public Benefit Corporation, Beckley Retreats is committed to laying a foundation for how psychedelic retreat providers can operate with ethics at the heart of their missions. Below, we've laid out six facets of psychedelic retreat ethics, as we see them. Underpinning all of this is a mindset of humility, a willingness to listen and learn, and nimble approaches that allow for an evolving paradigm to unfold.





# Locations

## 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.

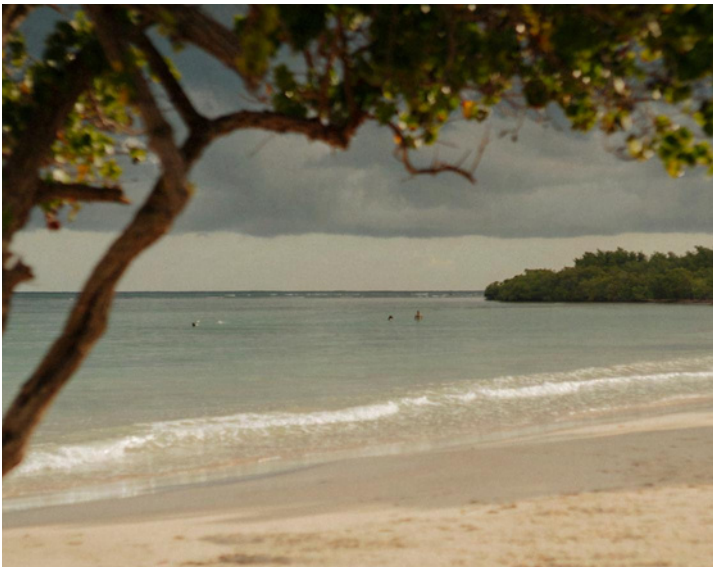
Jamaica is one of the few countries where the cultivation, gifting and consumption of psilocybin mushrooms is legal. This, together with its lush nature and scenery, makes it the ideal setting for our retreat.



## Good Hope

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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. Enjoy two swimming pools, a private beach, and yoga room. The beautiful landscape is perfect to enjoy the sunrise and sunset across the open mountainous vistas. Please click [here](#) for important information about Good Hope's history.





# Locations

## 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.

### De Hoorneboeg, Netherlands

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The De Hoorneboeg retreat center is just 25 miles from Amsterdam, and easy to access by train, taxi, or even bicycle. The property is quiet and lush, and is strewn with buildings renovated with the utmost aesthetic care. The ethos of the community is built around a peaceful connection with nature, and with other people.

De Hoorneboeg provides a perfect environment for the depth, care, and beauty of our retreat experience.



### Venwoude

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Venwoude retreat center is located on a breathtaking 40-acre estate situated in a nature sanctuary in the woods of Lage Vuursche, about 35 minutes from Amsterdam and 10 miles north of the city of Utrecht in the center of the Netherlands. Away from the noise of modern life, the deep quiet emanating from the majestic beech and pine trees is palpable on the entire terrain.

This peaceful sanctuary offers a unique place for reflection, awareness, personal growth, sustainable living and connection.



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# Safety

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

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## Safe Location

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.

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## Holistic Training

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.

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## Dedicated Care

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.

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## Access to Medical Care

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.

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## Suitability Screening

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.

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## Safety Protocols

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.



Dr. Dingle Spence

Dr. Dingle Spence co-facilitates Beckley's retreats and ceremonies. She is a 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 with end-of-life patients. Her expertise provides a rooted presence for the retreats at Beckley.



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 specializes 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.



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.



Sherece (Sita Ji) Cowan

After experiencing her own wellbeing journey, Sita devoted herself to learning as much as possible about energy work, entheogenic plants, and methods for protecting the natural world. For many years, she's sat with shamans and teachers in the Rastafari community, learning about ayahuasca, cannabis, cacao, kambo and psilocybin mushrooms. At Beckley Retreats, Sita co-leads ceremonies with her music, energy work, and intuitive guidance.



Micah Tafari

Micah Tafari is an indigenous keeper and 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, 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.

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# Psilocybin

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



## History

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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

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

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



### 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*.
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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>

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# Beckley Retreats Mission

## Mission, Vision and Values

### Mission

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

### Vision

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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.

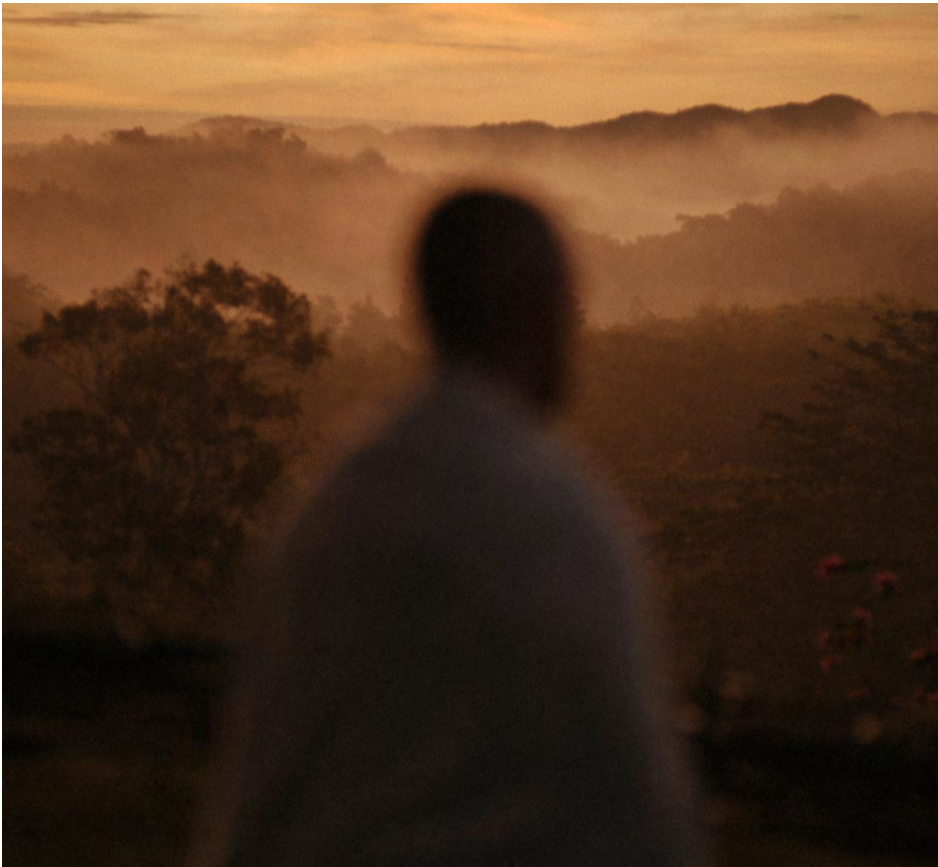
Our experiences are designed to set the ideal conditions for this higher purpose:

**To unlock a new way of seeing for those who are ready, and to inspire a more harmonious way of life.**

### Values

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



Brain connectivity on placebo\*



Brain connectivity on Psilocybin\*

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



# 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.

# 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

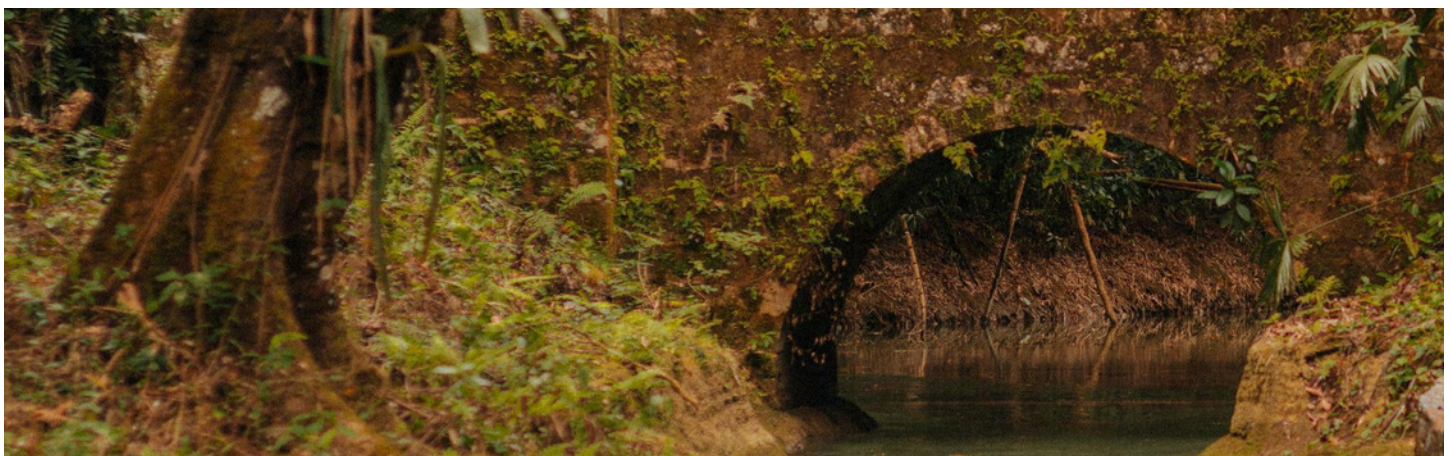
Vian discovered the importance of physical health at a young age. As the 33rd black female graduate of The Citadel, an officer in the U.S. Army, and nearly two decades of managing people and processes in the corporate sector, Vian quickly recognized the burnout and mental health issues engulfing these 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

Co-Founder, 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.





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Amanda Feilding

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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

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.”