



Beckley  
Retreats

A PUBLIC BENEFIT CORPORATION

Science-backed  
psychedelic retreats



As seen in

Condé Nast  
**Traveler**

FINANCIAL TIMES

**BUSINESS  
INSIDER**

The  
Economist

**Forbes**

**VOGUE**

# Experience deep, lasting personal transformation through the legal use of psilocybin and holistic wellbeing practices in a supportive cohort community.

## Why Beckley Retreats?

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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 the legal use of psilocybin and science-backed holistic wellbeing practices. Our team is comprised of experts from many fields, with decades of experience in both modern approaches to wellbeing and global wisdom traditions.

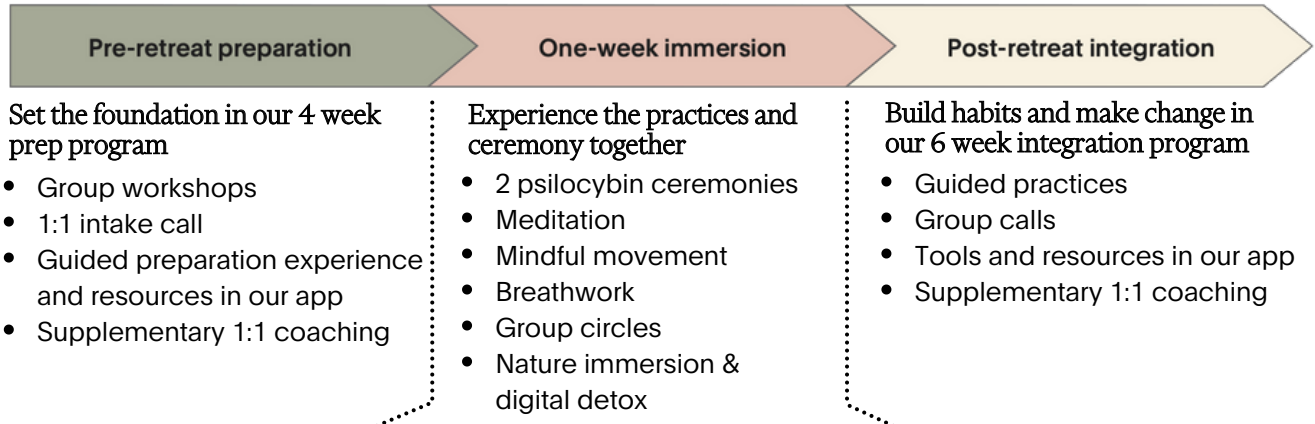
## 11-Week Program

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# Program

A comprehensive program that gives you the tools for meaningful change



## Immersion Program (Retreat) Schedule

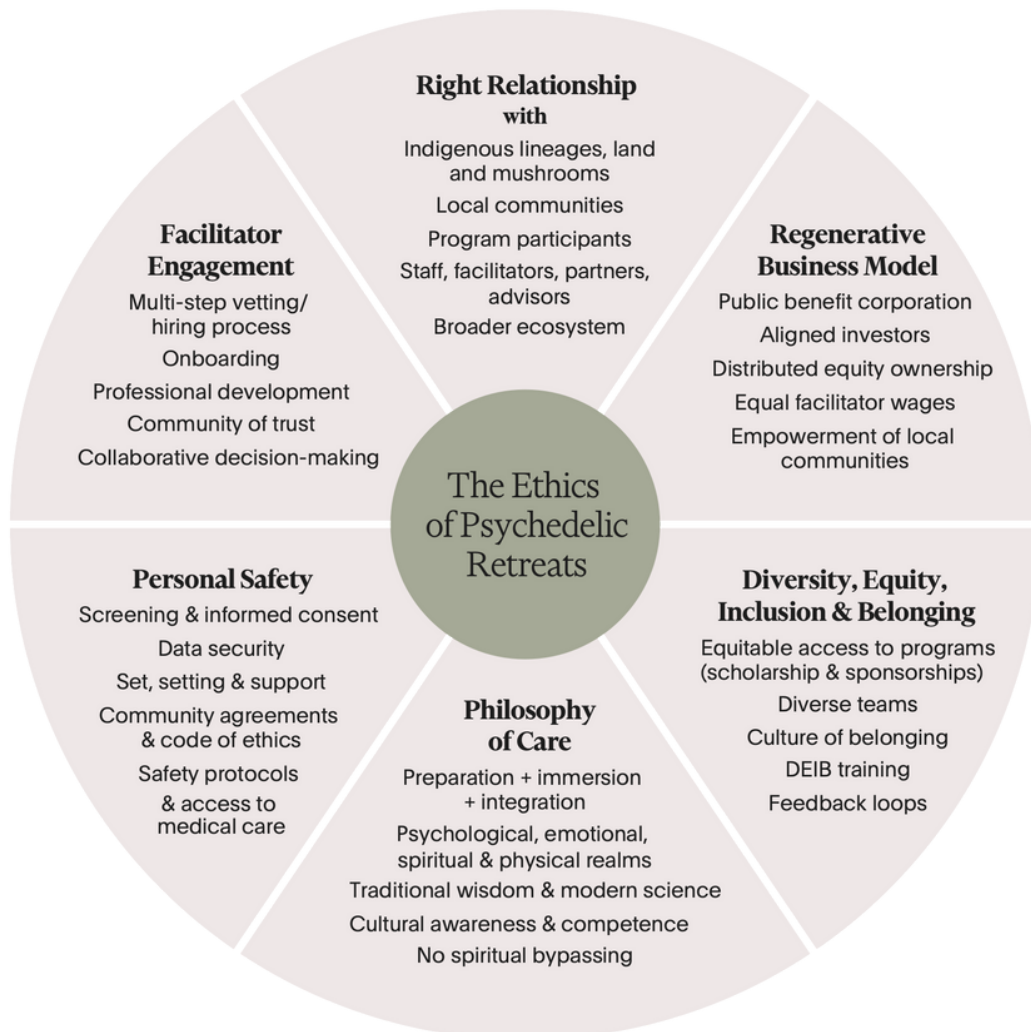
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
06:00						
07:00		Movement	Movement	Movement	Movement	
08:00		Meditation	Meditation	Meditation	Meditation	
09:00		Breakfast	Breakfast	Breakfast	Breakfast	
10:00		1:1 Check-ins		Relax/Nature/ 1:1 Sessions		Breakfast
11:00		Smoothie	Integration Circle	Smoothie	Integration Circle	Integration Circle
12:00		Breathwork or Voice Activation	Lunch	Breathwork or Voice Activation	Lunch	
13:00		Rest/Free Time		Rest/Free Time		
14:00			Relax Nature (Beach: Jamaica)		Relax Nature (Beach: Jamaica)	
15:00						
16:00	Arrivals & Welcome					
17:00		Psilocybin/ Truffles Ceremony		Psilocybin/ Truffles Ceremony		
18:00	Opening Circle		Integration Circle		Integration Circle	
19:00	Dinner		Dinner		Dinner	
20:00		Dinner	Fireside	Dinner	Optional Fireside	
21:00						

Schedule subject to change.

# The Ethics of Psychedelic Retreats

Doing psychedelic retreats the right way

The modern-day, above-ground psychedelic retreat industry is nascent. There are no gold standards for integrating traditional models of psychedelic use from global wisdom traditions 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. At the core is a mindset of humility, a willingness to listen and learn, and nimble approaches that allow for an evolving paradigm to unfold.



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# Why Our Participants Join

## And how our program helps

### Self-Understanding & Habit Change

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Most of our participants want to develop greater self-awareness and explore the subconscious realms to reveal a deeper sense of purpose, form stronger relationships, and make changes in their lives. Our program offers opportunities for profound personal inquiry, skill-building, and new habit formation.

### Spiritual Inquiry in Community

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Many of our participants seek a spiritual journey or mystical experience. Our program draws from Indigenous ceremonial traditions and other spiritual disciplines appropriate for participants of all backgrounds and belief systems. In safe community, participants cultivate unity, interconnectedness, and belonging while exploring evolving spirituality.

### Break Through Limitations

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Some participants want to transcend limiting beliefs after attempting other potential solutions. They hope to expand their horizons, work on self-worth, overcome barriers, and unlock creativity. Our program provides dedicated space, transformational practices, and professional support for increased confidence and capacity for breakthroughs.

### Emotional Growth & Holistic Wellbeing

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Almost all of our participants are looking for ways to resolve old wounds and embrace emotional growth. And some hope to come to terms with or process physical health issues. Through our supportive program, participants practice self-monitoring and self-regulation techniques; develop resilience; and even experience emotional catharsis.

98% of our 330+ participants said they would recommend our program to family and friends\*

"It doesn't start with a manual, it doesn't start with a playbook... 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 of Walt Disney World

"Don't do this work just for you - do it for everyone you interact with in your life."

– Beckley Facilitator

"I try to imagine what I would tell my pre-retreat self to encourage her to attend as soon as possible. I would tell her, 'You can't imagine what it will be like... but it is better than you ever thought possible.'"

– 2023 guest

"One of the, if not THE, most healing and spiritual experiences of my life! ... The setting. The people. A truly beautiful experience I wish I could relive every day!"

– Jon Macaskill - 20 year SEAL Commander

\*98% of guests when asked "how likely are you to recommend us to a friend or family" scored above a 6 (1-10 scale). Our NPS score is 75, which is considered "excellent." See how NPS is calculated [here](#).

# 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

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.

### Prospect Villas

Nestled between the Caribbean Sea and adjacent lush green mountains, Prospect Villas in Ocho Rios is an idyllic haven with an unending tropical breeze and crystal blue ocean waves.

Each beachfront villa offers premium accommodation, a private beach, and pools with tropical gardens. Wake up to songbirds, relax into a peaceful seaside ambiance, and enjoy the cleansing, refreshing air.



# 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

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, 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

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. Exposure to these beautiful natural retreat site settings also promotes a felt sense of relaxation and safety.

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## Holistic Training

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

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## Dedicated Care

On all retreats, there is a minimum of one facilitator for every 4 participants. Typically, however, the ratio is closer to 1:3. This ratio ensures direct care during and beyond psilocybin ceremonies with ample space for personal support throughout the retreat.

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## Access to Medical Care

Our retreats are facilitated by qualified professionals, at least one of whom is 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 expertise. In Jamaica, an on-site nurse is present during the Ceremony. In all locations, there's easy access to nearby medical care if needed.

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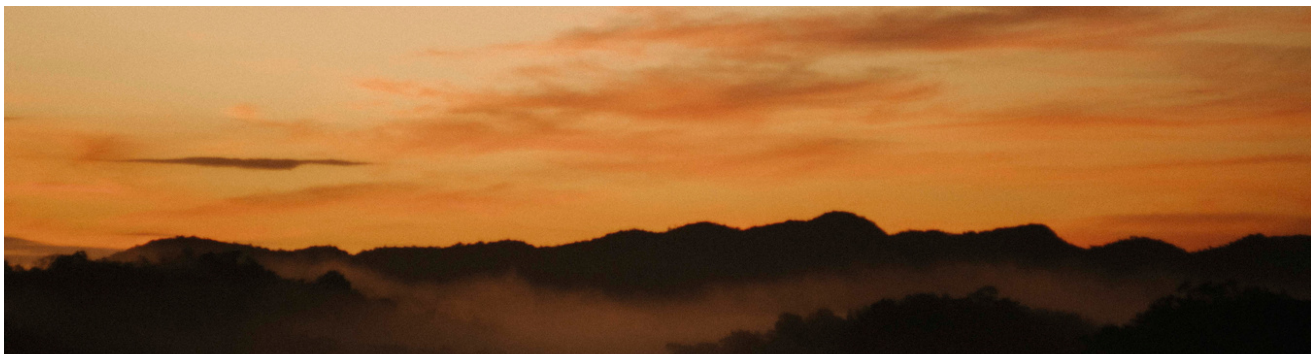
## Suitability Screening

Our rigorous application process has been designed to ensure proper screening. We carefully assess each applicant's personal, medical, and psychiatric history (with consent). For some individuals, participating in the program 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

Our safety plan and comprehensive protocols have been designed to tend to all facets of participants' physical, emotional, and psychological safety. This plan is frequently revisited, updated, and shared with our retreat site partners, operations staff, and facilitation team members. Safety is our top priority.



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# 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.



**Lucyne Pearson**

Lucyne is a certified Integrative Psychotherapist. She was the Founder of The Deepening Process retreats in the UK and has run Brazil, Spain, and Costa Rica. She specializes in shamanism, breathwork, and ancestral healing. A Beckley Team Lead, 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 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.



**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-Castillo**

Sergio co-facilitates Beckley's retreats and 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.

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# Psilocybin

Psilocybin has been used for millennia across many cultures 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 millennia 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)



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
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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).
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- 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>

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# The Future We're Building

## Our Mission

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

## Our 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.**

## Our Values

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



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# 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:

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**BECKLEY**  
FOUNDATION

- 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.

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## 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 that 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.

  
Technology Quarterly | The new psychedelia  
**Ketamine, psilocybin  
and ecstasy are  
coming to the  
medicine cabinet**  
From expanding minds to healing  
brains

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# Beckley Retreats Leadership Team

Committed to serving others and continuing our own inner work



**Amanda Feilding**  
Co-Founder

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**Neil Markey**  
Co-Founder, CEO

Neil is a former Army Ranger Captain, McKinsey consultant, Private Equity C-level burnout, and an entrepreneur. A mathematician through schooling and a seeker through trauma, Neil founded Maryland Mindfulness and received an MBSR (Mindfulness-Based Stress Reduction) teacher certification. Neil has taught meditation to professional athletes, special forces soldiers, and business executives. At Beckley Retreats, Neil is dedicated to building a business that operates with the utmost integrity, both internally and across the many communities the business touches.



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

Alexandra is an expert in transformational experience design and a spiritual development enthusiast. 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.





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.”