



PUBLIC BENEFIT CORPORATION

# Microdose Retreat

3 Nights / Microdose

As seen in

Condé Nast  
**Traveler**

FINANCIAL TIMES

**BUSINESS  
INSIDER**

The  
Economist

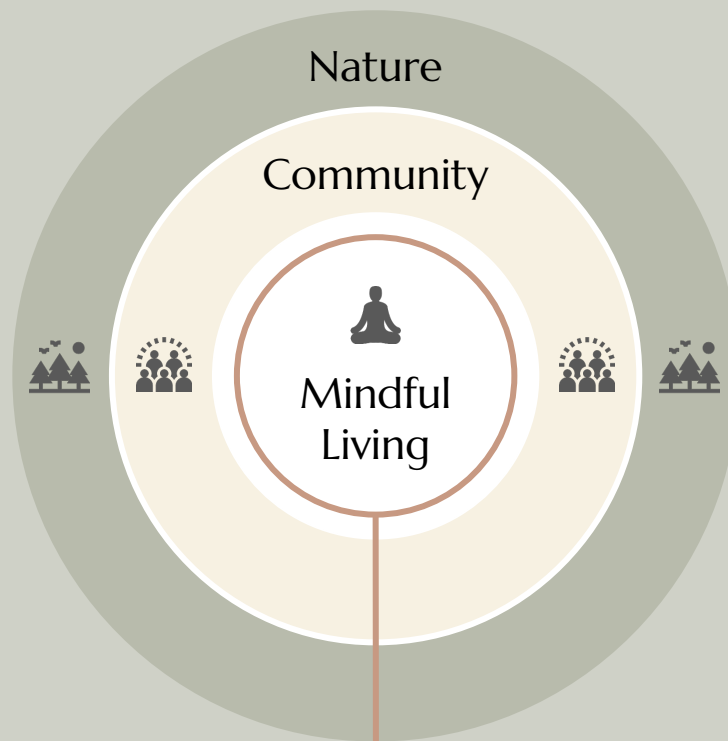
**Forbes**

**VOGUE**

## 3-Night Executive Retreat

# An experience rooted in the power of psychedelic microdosing, mindfulness, and community

Our multidisciplinary model empowers our participants to come together to develop the mindset, knowledge & skills to promote personal discovery and holistic wellbeing across mind, body, heart and spirit.



### Mind



- Mindset
- Mindfulness
- Intellectual growth (knowledge-building)

### Body



- Exercise & mindful movement
- Breathwork
- Healthy diet

### Heart



- Self-reflection and journaling
- Relational skills
- Gratitude & compassion practice

### Spirit



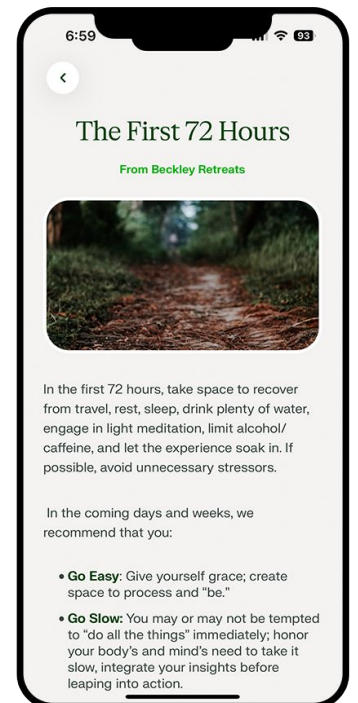
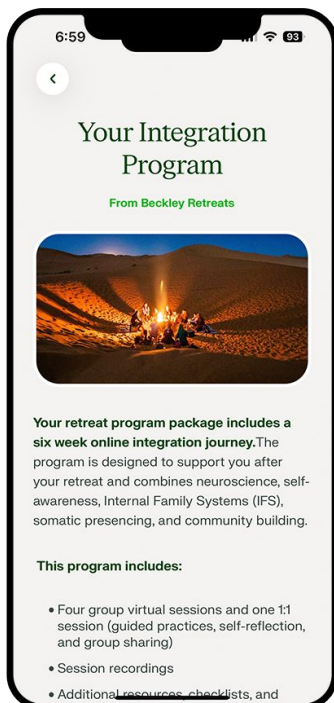
- Psychedelic microdosing
- Prayer and/or ritual
- Arts & creative expression

# Meeting You Where You Are

A 3-night retreat with psilocybin microdosing in a community of peers

## Microdosing Retreat Program

- Personal discovery getaway to reboot and renew
- 4 week program (10 days prep + retreat + 2 week integration) ~ 2-3 hrs/wk max, optional
- 1 live cohort preparation session, 2 live cohort integration sessions (virtual, optional)
- Two psilocybin microdose experiences
- Daily meditation, yoga/mindful movement, breathwork, and more
- Beautiful, natural setting



# Program

4-weeks of community and inner inquiry – drawing from modern science and ancient wisdom – to support self-care and personal discovery

Pre-retreat preparation  
10 days, virtual, self-paced

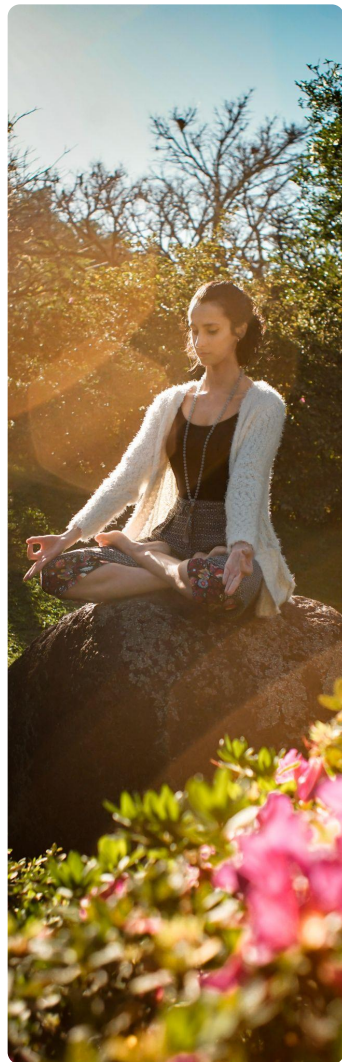
Retreat immersion  
3 nights

Post-retreat integration  
2 weeks, virtual, self-paced

Ongoing Community

## Set the foundation and get ready

- 1 cohort preparation session
- Guided experience & skill-building in our app
- Optional 1:1 coaching



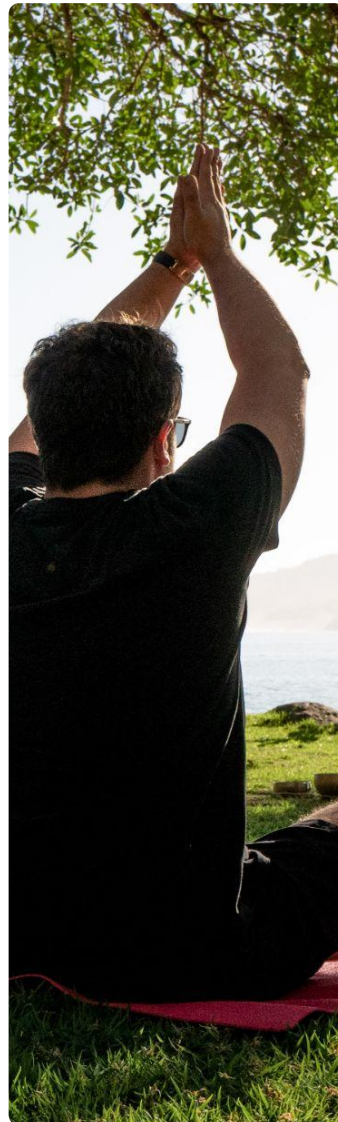
## Go deep and build community

- Psilocybin microdose experience
- Meditation & mindful movement/yoga
- Breathwork and/or voice activation
- Group activities
- Nature immersion & digital detox



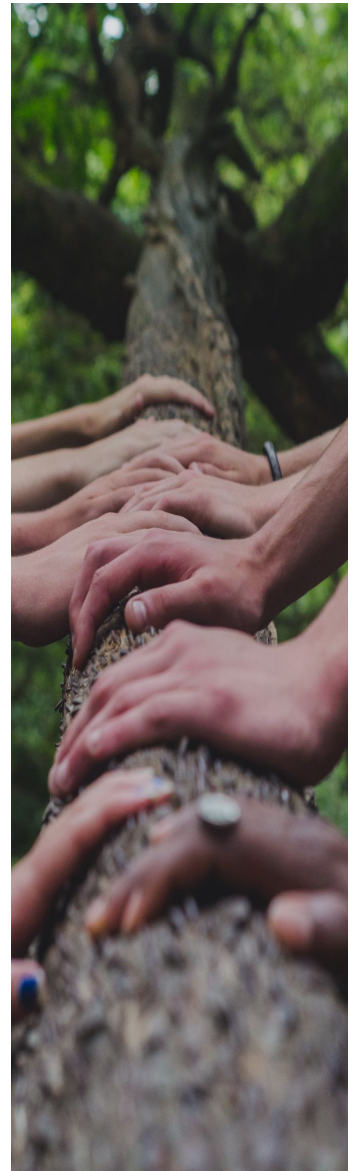
## Continue self-inquiry & build new habits

- 2 cohort sessions
- Guided experience & skill-building in our app
- Optional 1:1 coaching



## Stay connected and stay committed

- Weekly mini-meditations
- Alumni gatherings
- Virtual offerings



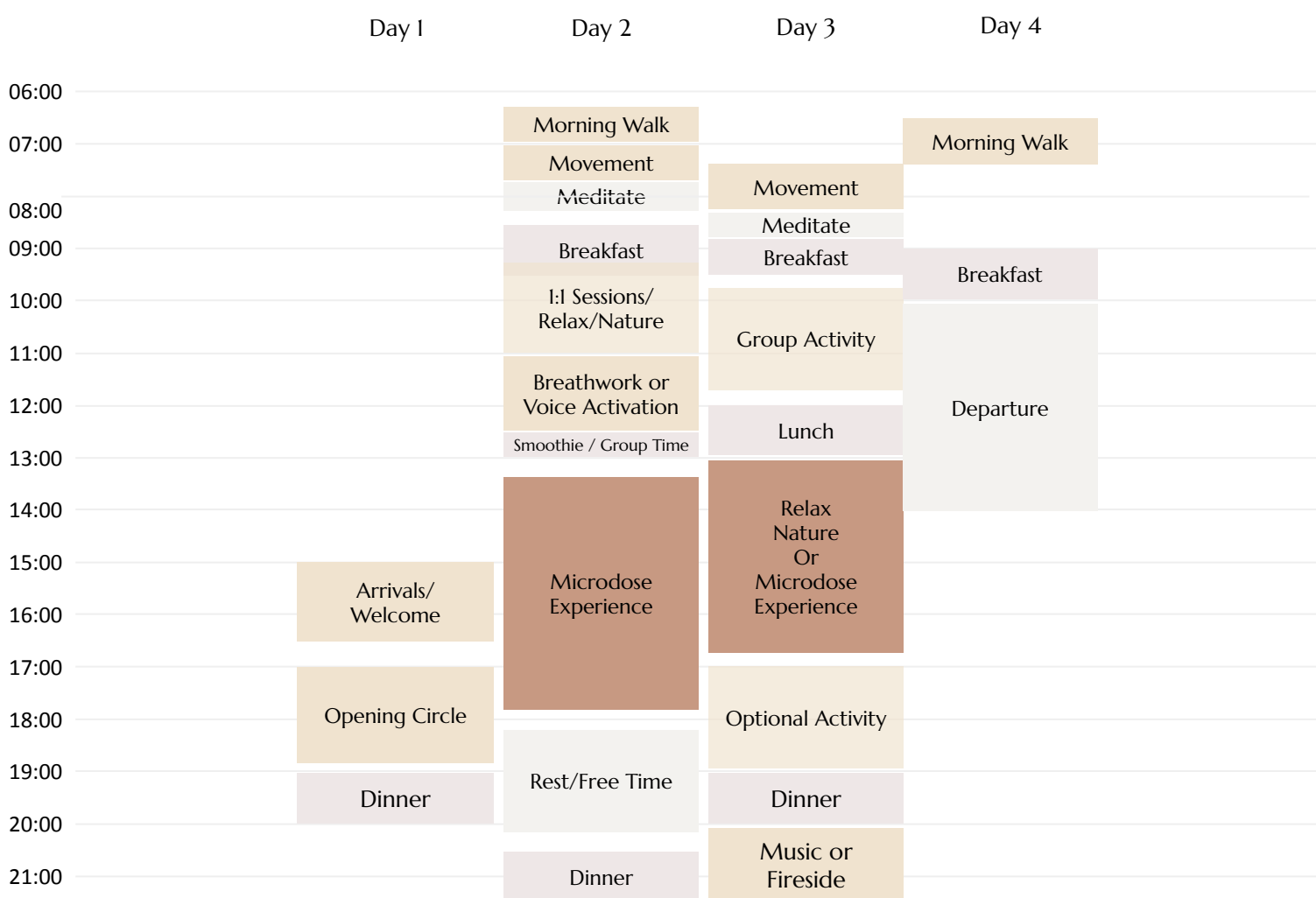
# Retreat Schedule

Safe, beautiful locations. Expert facilitators. Nourishing cuisine. A well-paced schedule giving ample space to commune with self, with nature, and one another.



## Practice and experience in community.

Far away from the day-to-day, a Beckley Retreat is a time to become fully present for deep self-inquiry, personal agency-building, inner-resourcing, and restorative practices. The power of community is emphasized and the space is artfully held by our experienced professional facilitators.



# About Microdosing

A safe, lower dose psilocybin experience for enhancing connection, creativity, and joy in a beautiful natural setting



Harness the power of a group psychedelic experience.

[Research shows](#) that psychedelic experiences in group settings may promote a feeling of “communitas” – greater sense of connection, shared humanity, and a dissolution of hierarchies and social roles. The benefits of a collective setting are one of many predictors of long-term outcomes in well-being after a psychedelic experience. There is also a [growing body of evidence](#) that suggests a positive correlation between psychedelic microdosing and improved mental wellbeing.

## Microdosing Program

### Research

- Preparation and integration - pre/post retreat
- Custom individualized mushroom preparations
- Ample personal time to enjoy the natural landscape in a beautiful, remote setting
- Dried mushroom (JAM) or truffles (the NL) tea
- 4:1 participant to facilitator ratio, max
- Therapist or medical doctor on site\* + nurse on call with dedicated operations staff to support

*\*not acting in a formal therapeutic/medical capacity*

## Beckley Foundation Microdosing

- The practice of microdosing entails taking low doses of psychedelics, which are usually one-tenth of a recreational dose that causes a psychedelic experience.
- Taking small doses of psychedelics to affect mood and performance is growing in popularity.
- The Beckley Foundation, together with its research partners at Maastricht University and a selection of academics across the globe are conducting research to support the evidence-base for microdosing.
- [Learn more here.](#)



# About Psilocybin

Psilocybin has been used globally for millennia. Evidence suggests it may improve wellbeing.

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## History

The use of psychoactive plants has been integral to the spiritual practices of 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)

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## 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*.
- 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>

# Safety

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

## Safe Location

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Our retreats are held in beautiful, natural, restorative locations where psilocybin mushrooms/truffles are legal. Our retreat centers are spacious, remote, safe, and secure.

## Holistic Training

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Our world-class team of facilitators brings together global wisdom traditions 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. There is quick and easy access to urgent care facilities and hospitals within a 30-60 minute drive.

## Suitability Screening

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We employ a rigorous application process. 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 issues that may arise. This plan is frequently revisited, updated, and shared with our retreat site partners, operations staff, and facilitation team members.





# 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.

### Breaking 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<sup>1</sup>

"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 everyday!"

- 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](#).