



Beckley  
Retreats

A PUBLIC BENEFIT CORPORATION

# Science-backed psychedelic retreats

5-Night Retreat - Signature Program

# As Featured In

**Forbes**

**VOGUE**

**The  
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**THE  TIMES**

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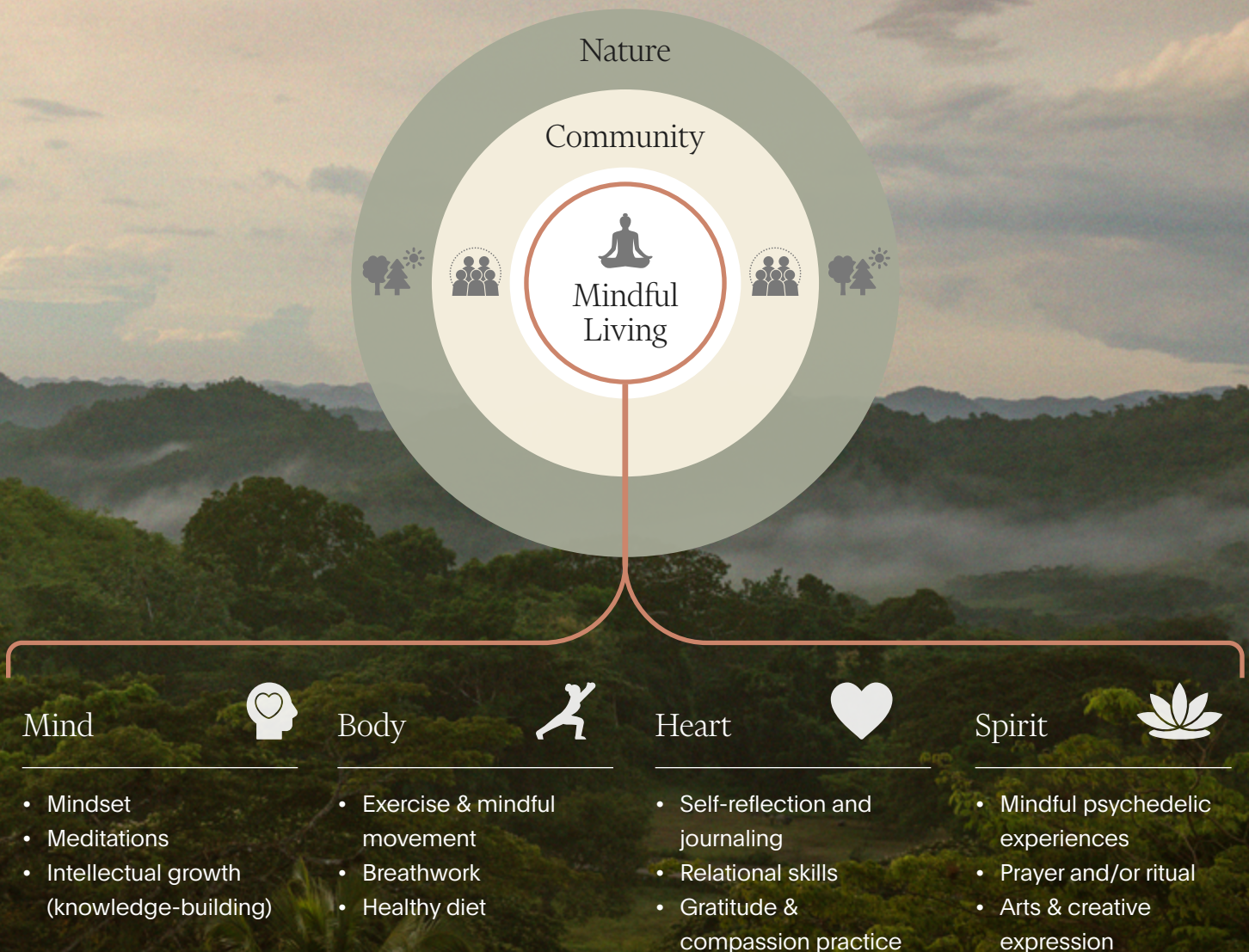
**BUSINESS  
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**The  
Standard**

**FINANCIAL TIMES**

# At Beckley Retreats, we believe a healthier, more beautiful world is possible

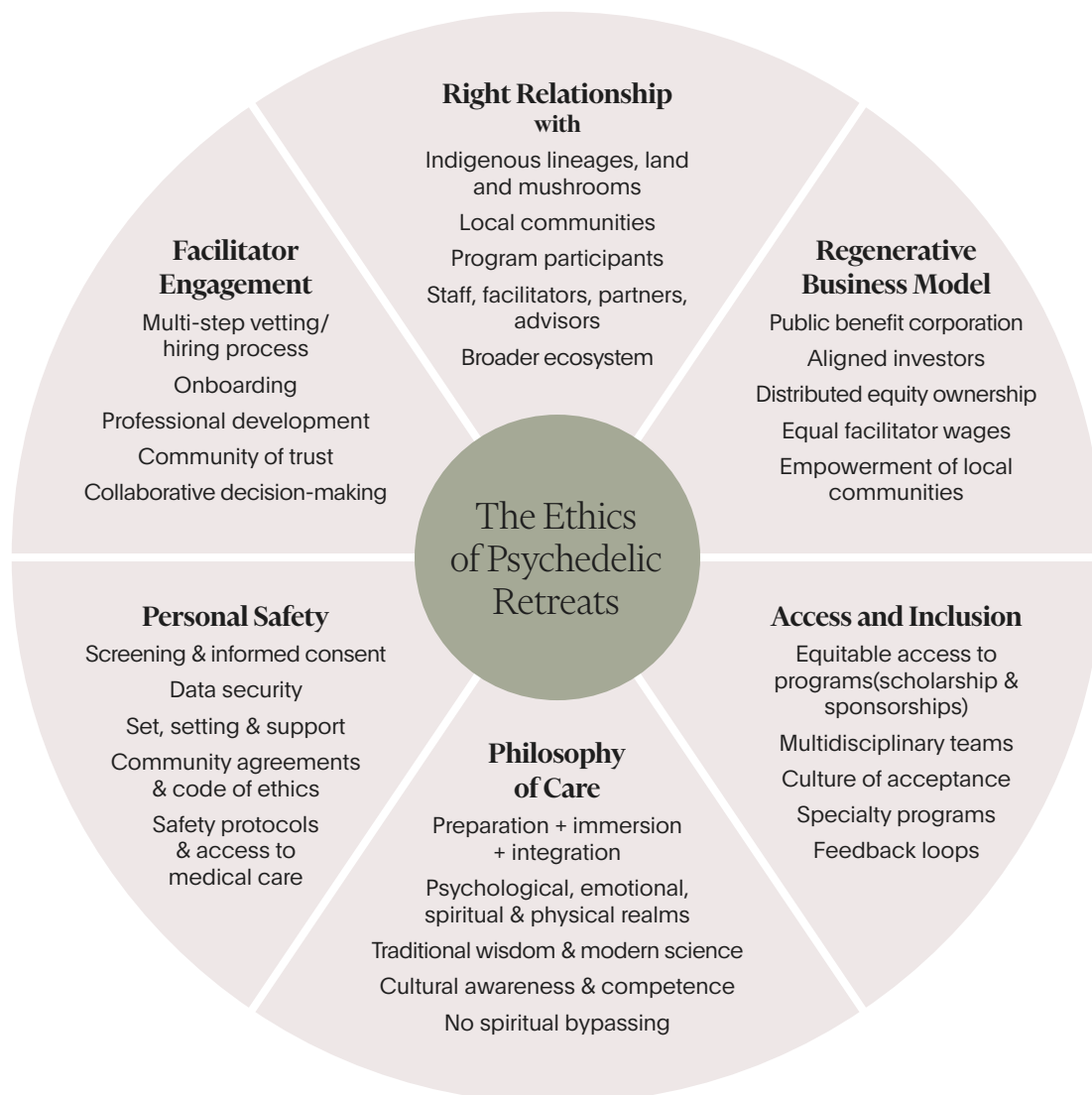
Feeling better - mentally, emotionally, and physically - begins with meaningful experiences, thoughtful support, and real connection. Life moves fast, and it's easy to lose touch with ourselves, others, and the world around us. But when we slow down, step outside of our routines, and engage with new perspectives, we open the door to profound personal growth. Everything we do is guided by three core pillars: Community, Service, and Wisdom. Together, they create the foundation for experiences that help people reconnect—with themselves, with others, and with what truly matters.



# The Ethics of Psychedelic Retreats

Exploring psychedelics with intention and care.

At Beckley Retreats, we are committed to ethical, science-backed psychedelic experiences that respect traditional practices and foster positive change.



# Why Our Participants Join

88% of our 650+ guests describe our program as "the most or one of the most meaningful experiences of their lives".

Accelerate personal growth and self-understanding

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Unleash performance and impact

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Improve mood and wellbeing

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Break through limitations and inner blocks

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Address emotional wounds and destructive patterns

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Build resilience and empathy

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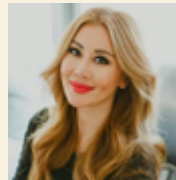
Explore spiritual connection and meaning

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"A perfect blend of science and spirituality, led by a masterful team driven by the power of self-healing, compassion and a little bit of magic."

— Joshua Nino, CEP & Co-Founder at Dexerto Media Group



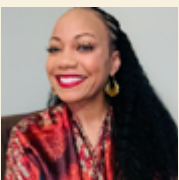
"I am walking away from this retreat with new found love in my heart. And I am immensely humbled. Feeling cleansed and healed."

— Toni Ko, Founder NYX Cosmetics (sold to L'Oréal)



"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 Walt Disney World, Retreat Participant



"This retreat was so profound and I am so grateful for the care and the intention with which the facilitators supported us. We showed up as strangers, but we felt as family members. And that felt really special to me."

— Candace Oglesby-Adepoju, Trauma Informed Psychotherapist



"Since I came home, I have chosen to be light-hearted and patient. My daughter has started giving me spontaneous hugs like she used to. Maybe the cloud has lifted. Maybe the mushrooms did know what I needed."

— Harriet Walker, Fashion Editor, The Times

# Experience deep, lasting personal growth and wellbeing through the legal use of psilocybin mushrooms and holistic wellness practices in nature and community.

## Why Beckley Retreats?

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Building on Amanda Feilding's work at the Beckley Foundation, Beckley Retreats combines 25+ years of psychedelic research with compassionate guidance from world-class facilitators in modern and traditional wellbeing practices.

## The Standard for Psychedelic Retreats

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88% of our guests say our program was the most or one of the most meaningful experiences of their life.

Prepare

Immerse

Integrate

Grow



# Program

Our retreat journey unfolds in four phases to support lasting growth. Begin with personalized preparation, dive into deep exploration, integrate your experiences, and stay connected with our community.

Prepare

Immerse

Integrate

Grow

## Set the foundation and get ready

- Cohort prep sessions
- Self-guided app
- Optional 1:1 coaching

## Go deep and build community

- 2 psilocybin ceremonies
- Meditation & movement
- Breathwork
- Group integration circles
- Nature immersion

## Continue self-inquiry & build new habits

- Group integration
- Guided skill-building
- Optional 1:1 coaching

## Stay connected and stay committed

- Monthly alum calls led by facilitators
- Alumni community
- Ambassador program



# Program - Prepare

Personal attention, community, and flexible preparation options for an optimized retreat experience.



Set the foundation and get ready. **Go at your own pace.**

The month leading up to the retreat marks the beginning of the Beckley Retreats journey. Participants enjoy building skills and confidence, and getting to know one another prior to the retreat. **Scale up or down your participation based on your availability.**

## 1:1 Preparation Session

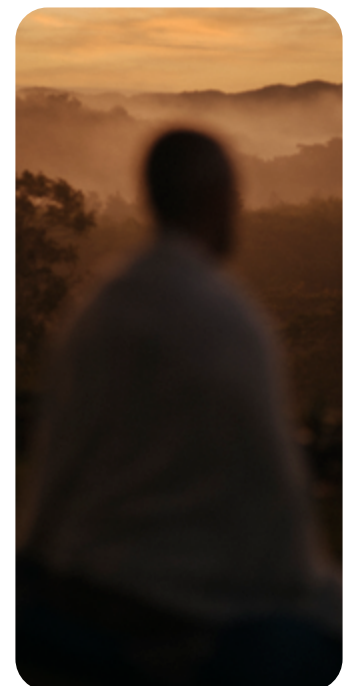
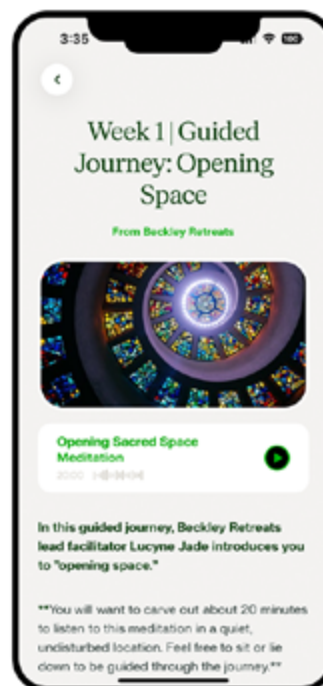
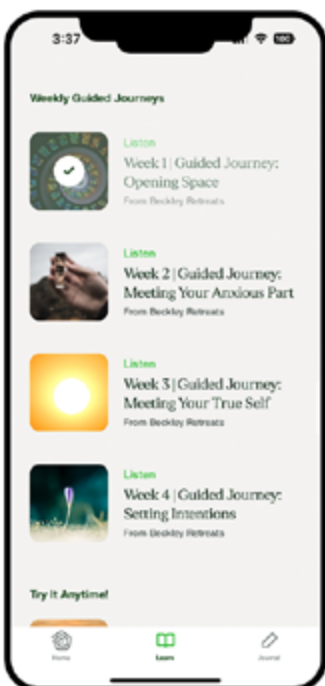
Speak with a retreat facilitator for personal support.

## Two Group Sessions

90-minutes for community building, guided practices, discussion, and relational skill-building.

## Optional Coaching Support

Supplementary 1:1 coaching available.



# Program - Immerse

Beautiful locations. Rigorous safety protocols. Expert facilitators. Nourishing cuisine. A well-paced schedule giving ample space to commune with self, nature, and one another.



## Practice and experience in community

Our immersive retreat schedule provides the perfect balance of guided ceremonies, personal reflection, and group activities in a serene natural setting.

## 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/Reflect	Movement	Meditation/Reflect	Movement	
09:00		Breakfast	Meditation/Reflect Breakfast	Breakfast	Meditation/Reflect Breakfast	Breakfast
10:00		1:1 Sessions Relax/Nature		1:1 Sessions Relax/Nature		
11:00			Integration Circle		Integration Circle	
12:00		Breathwork or Voice Activation		Breathwork or Voice Activation		
13:00		Smoothie/Group Time	Lunch	Smoothie/Group Time	Lunch	
14:00		Rest/Free Time		Rest/Free Time		
15:00	Arrivals & Welcome		Relax Nature		Relax Nature	
16:00						
17:00		Psilocybin Ceremony (see opposite page)		Psilocybin Ceremony (see opposite page)		
18:00	Opening Circle		Integration Circle		Integration Circle	
19:00	Dinner		Dinner		Dinner	
20:00						
21:00		Dinner	Music or Fireside	Dinner	Fireside	

Schedule subject to change.

# Mushroom Ceremony

A thoughtful, guided ceremonial psilocybin experience rooted in practices from global wisdom traditions.

Prepare

Immerse

Integrate

Grow

Harness the power of a group psychedelic experience.

Research shows that psychedelic journeys 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 wellbeing after a psychedelic experience.

## About the Ceremony

Experience guided psilocybin ceremonies rooted in traditional and contemporary practices, supported by live music, our experienced facilitators and safety protocols.



# Program - Integrate

A meticulously designed experience for receiving deep personal support and maintaining momentum towards positive change.



Continue self-inquiry and build new habits. **Go at your own pace.**

In the weeks following a psychedelic experience, the brain is in a state of neural plasticity and high suggestibility. This is an optimum window for anchoring in a positive mindset, productive self-reflection, and supportive integration practices. **Participate as much or as little as time permits.**

## Guided Experience

Content and resources in our app.

## Four Group Sessions

90-minutes for community building, guided practices, discussion, and relational skill-building.

## Additional 1:1 Support

Private coaching available for integration.



# Program - Grow

Join our vibrant community, continue your journey of transformation and wellbeing & get involved.

Prepare

Immerse

Integrate

Grow

Stay connected and stay committed: **The Beckley Retreats alumni community.**

Many alumni seek to stay connected beyond integration - to deepen personal development and continue elevating their wellbeing. Beckley's community is designed to support that journey. Alums gain access to an ever-expanding circle of kindred spirits, seekers, and changemakers - along with continued guidance, curated tools and opportunities for lifelong growth, including live monthly calls, online resources, and in-metro connectivity events that foster real-world connection and community.

## Monthly Alumni calls

Our live monthly gatherings are designed to keep the journey alive. Led by experienced Beckley facilitators, these sessions offer space for reflection, insight, and connection - and bring continued tools for transformation:



### Integration Tools

Practical guidance and embodied practices to support ongoing growth



### Meaningful Connection

Ongoing interaction with fellow alumni and trusted facilitators



### Expanded Perspectives

Shared dialogue, new insights, and collective learning



### Intention Alignment

A monthly pause to reflect, recenter, and realign



# Signature Program Pricing

Location	What's Included	Investment in USD*
Jamaica	Retreats include preparation program, airport transportation, accommodation, guided ceremonies, wellness activities, meals, integration program, alumni community.	\$4,850 - \$9,600
Netherlands		\$5,975 - \$8,600

\*Price per person, depending on room and location

To ensure access for all, we offer financial aid. We prioritize applicants: a) who have demonstrated financial need, and/or, b) who have been historically underserved, underrepresented, or oppressed.



# Additional Offers

Offer	What's Included	Investment
1:1 Coaching pre- and post retreat	Private coaching with the facilitator from your retreat	\$230/session
Massage at retreat	Relaxing 60-minute full body massage	\$120 in Jamaica €99 in the Netherlands



# 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.



# 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, 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.



# Safety

Your wellbeing is our priority. We conduct suitability assessments and maintain rigorous safety protocols to ensure a safe and supportive experience.

## Safe Location

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Safe, private retreats in legal psilocybin locations.

## Holistic Training

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Expert facilitators blending indigenous wisdom with modern science.

## Dedicated Care

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1:3 facilitator-to-participant ratio for personalized support.

## Access to Medical Care

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Qualified facilitators with medical support nearby for 24/7 emergency access.

## Screening Process

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Rigorous screening ensures safe participation by assessing personal, medical, and psychiatric histories.

## Safety Protocols

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Comprehensive, regularly updated safety protocols are in place and shared with all team members and partners.



# 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 retreats in 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

Sergio is a team lead and co-facilitates 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.

# 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 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

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.



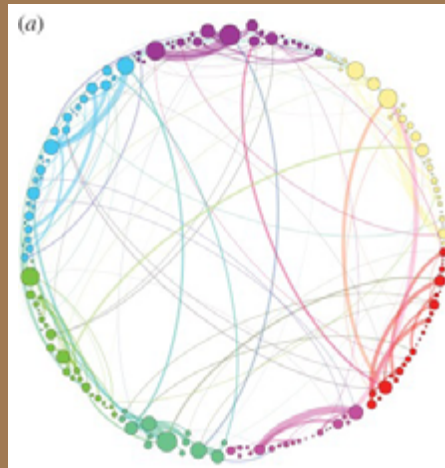
# Psilocybin

## 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 wellbeing 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
- 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 Foundation of Transformation

At Beckley Retreats, wellbeing begins with intention. Whether you're seeking clarity, connection, or purpose, our programs offer the space and support to move forward with greater awareness. The next step is yours.



## Community

We are wired for connection. At Beckley Retreats, we create intentional spaces where people reconnect - with themselves, with others on the path, and with the natural world. These aren't just programs—they're invitations to rediscover belonging.



## Service

Our approach to care is thoughtful and intentional. Every element - from the setting to the structure - is designed to support deep, personal exploration. We don't lead; we hold space. So each participant feels safe, seen, and empowered.



## Wisdom

We blend emerging science with ancient insight to expand perspective and invite self-inquiry. Beckley isn't about one path - it's about making space for your own.

# Beckley Retreats Leadership Team

Committed to serving others and continuing our own inner work.



Amanda Feilding  
Co-Founder

Amanda Feilding, known as the 'hidden hand' of psychedelic science, is widely recognized for her impact on global drug policy reform since the 1960s.



Neil Markey  
Co-Founder, CEO

Former Army Ranger and McKinsey consultant, Neil is MBSR-certified and founded Maryland Mindfulness. He brings lived experience and deep integrity to Beckley Retreats.



Vian Morales  
Chief Operating Officer

One of the first Black women to graduate from The Citadel, Vian is a former Army officer who turned to yoga after burnout. She now champions accessible, science-based wellness at Beckley Retreats.



Dr. AZA Allsop  
Head of Research

Yale-trained neuroscientist, psychiatrist, and musician, AZA leads psychedelic research at Beckley, bridging science and soul with compassion and clarity.

# 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.



“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.”