



Science-backed  
Psychedelic Retreats





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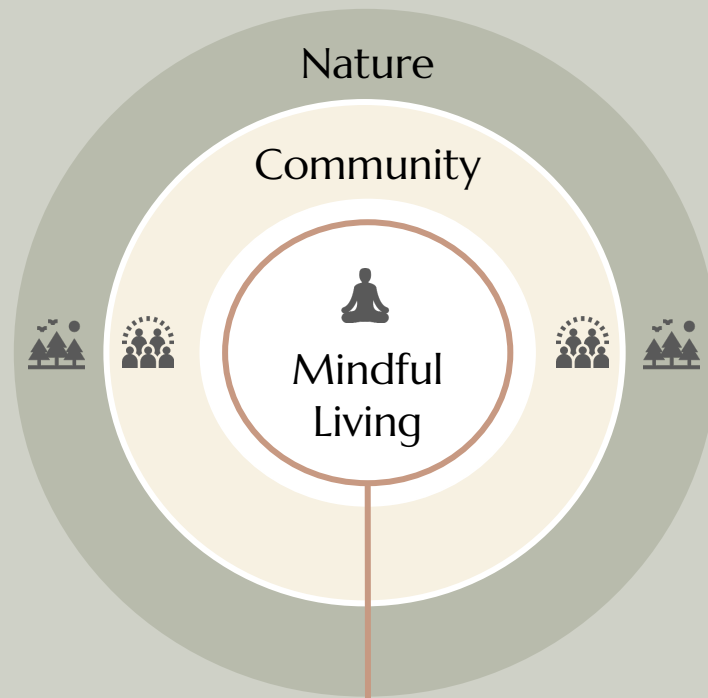


THE  TIMES

The  
**Standard**

# An experience rooted in the power of psychedelics, mindfulness practices, and community

Discover a holistic retreat designed to foster personal growth, connection, and wellbeing. Experience guided psilocybin mushroom ceremonies, mindfulness, and community support to achieve meaningful self-development.



### Mind



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

### Body



- Exercise & mindful movement
- Breathwork
- Healthy diet

### Heart



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

### Spirit



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



# 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

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

Prepare

Immerse

Integrate

Grow



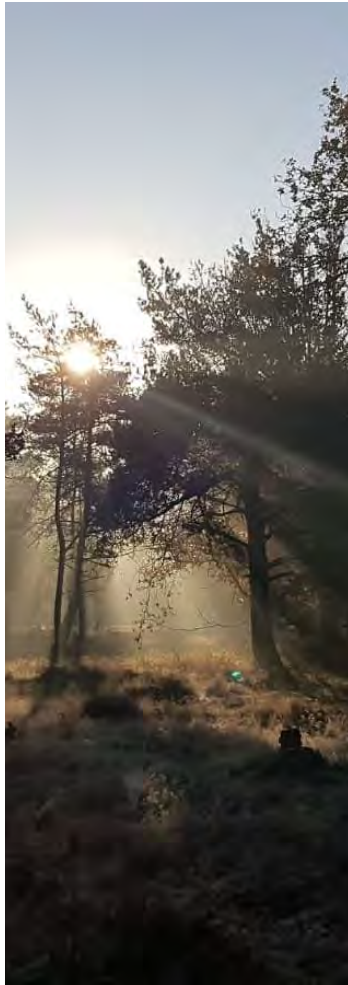
# Program

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

Set the foundation and get ready

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



## Immerse

Go deep and build community

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



## Integrate

Continue self-inquiry & build new habits

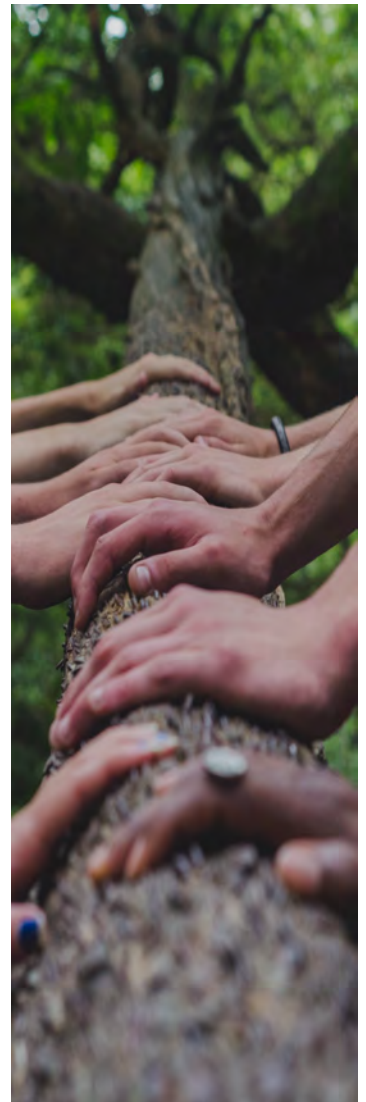
- Group integration
- Guided skill-building
- Optional 1:1 coaching



## Grow

Stay connected and stay committed

- Weekly mini-meditations
- Alumni community
- Ambassador program



# Program - Prepare

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

Prepare

Immerse

Integrate

Grow

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

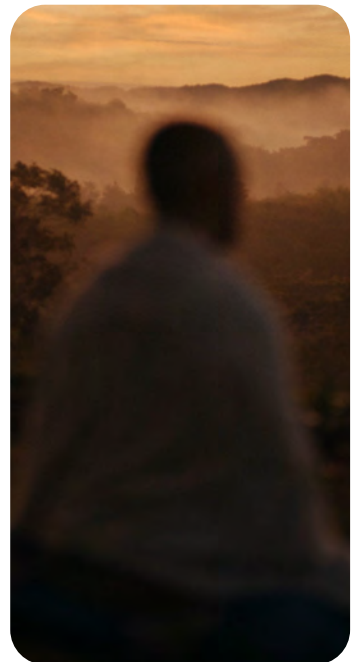
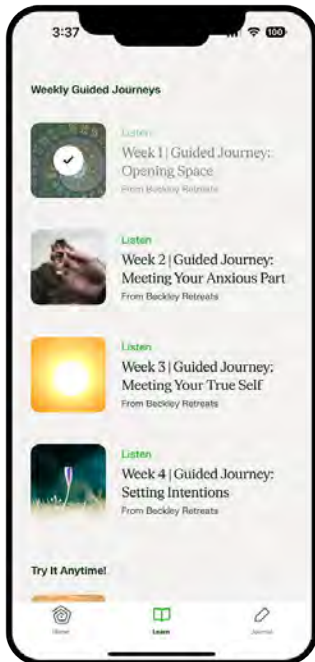
Speak with a retreat facilitator for personal support.

## 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

Safe, beautiful locations. 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 |                      | Meditate/Reflect                          | Movement                      | Meditate/Reflect                          | Movement                      |              |
| 09:00 |                      | Breakfast                                 | Meditate/Reflect<br>Breakfast | Breakfast                                 | Meditate/Reflect<br>Breakfast | Breakfast    |
| 10:00 |                      | 1:1 Sessions/<br>Relax/Nature             | Integration Circle            | 1:1 Sessions/<br>Relax/Nature             | Integration Circle            | Departure    |
| 11:00 |                      | Breathwork or Voice<br>Activation         |                               | Breathwork or Voice<br>Activation         |                               |              |
| 12:00 |                      | Smoothie/Group Time                       | Lunch                         | Smoothie/Group Time                       | Lunch                         |              |
| 13:00 |                      |                                           |                               |                                           |                               |              |
| 14:00 |                      | Rest/Free Time                            |                               | Rest/Free Time                            |                               |              |
| 15:00 | Arrivals/<br>Welcome |                                           | Relax<br>Nature               |                                           | Relax<br>Nature               |              |
| 16:00 |                      | Psilocybin<br>Ceremony<br>(see next page) |                               | Psilocybin<br>Ceremony<br>(see next page) |                               |              |
| 17:00 | Opening Circle       |                                           | Integration Circle            |                                           | Integration Circle            |              |
| 18:00 |                      |                                           | Dinner                        |                                           | Dinner                        |              |
| 19:00 | Dinner               |                                           |                               |                                           |                               |              |
| 20:00 |                      | Dinner                                    | Music or<br>Fireside          | Dinner                                    | Fireside                      |              |
| 21:00 |                      |                                           |                               |                                           |                               |              |

# Mushroom Ceremony

A safe, 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 well-being after a psychedelic experience.

## About 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

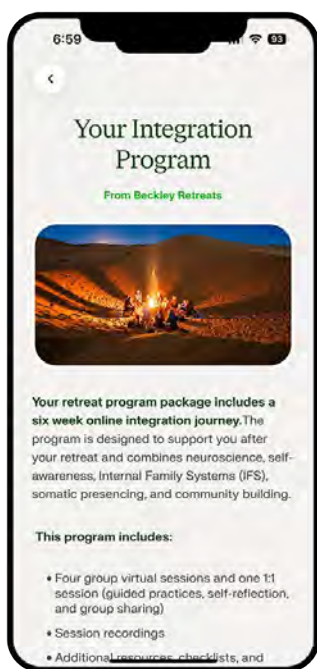
Content and resources in our app.

## 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.



## Stay Connected and Stay Committed: **The Beckley Retreats Alumni Community.**

Many alumni want to stay connected beyond integration, go deeper with their personal development, continue improving their wellbeing and support Beckley Retreats. Our community platform and alumni initiatives make it easy to do that.

Next event



**Weekly Mini-Meditations (Optional - Must Pre-Register)**

Thursday, May 23, 8:00 – 8:20 AM CST

**Please register:** [https://zoom.us/meeting/register/tJYtcuuvqjwqHdMLGmiDpfyP6-mg1V9J5CGF#/registration](https://zoom.us/join/zoom/register/tJYtcuuvqjwqHdMLGmiDpfyP6-mg1V9J5CGF#/registration)

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Starts in 6 days

 Virtual event





# Signature Program Pricing

| Locations ( <a href="#">discover here</a> ) | What's Included                                                                                                                                                    | Investment*                                                                                      |
|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Jamaica                                     | Retreats include preparation program, airport transportation, accommodation, guided ceremonies, wellness activities, meals, integration program, alumni community. | \$4,800 - \$9,500                                                                                |
| Netherlands                                 |                                                                                                                                                                    | \$5,900 - \$8,500                                                                                |
|                                             |                                                                                                                                                                    | <i>*Price range per room (triple, double, private; standard or deluxe) depending on location</i> |

To ensure access for all, we offer financial aid. Learn more about our scholarship program [here](#). We prioritize applicants: a) who have demonstrated financial need, and/or, b) who have been historically underserved, underrepresented, or oppressed.

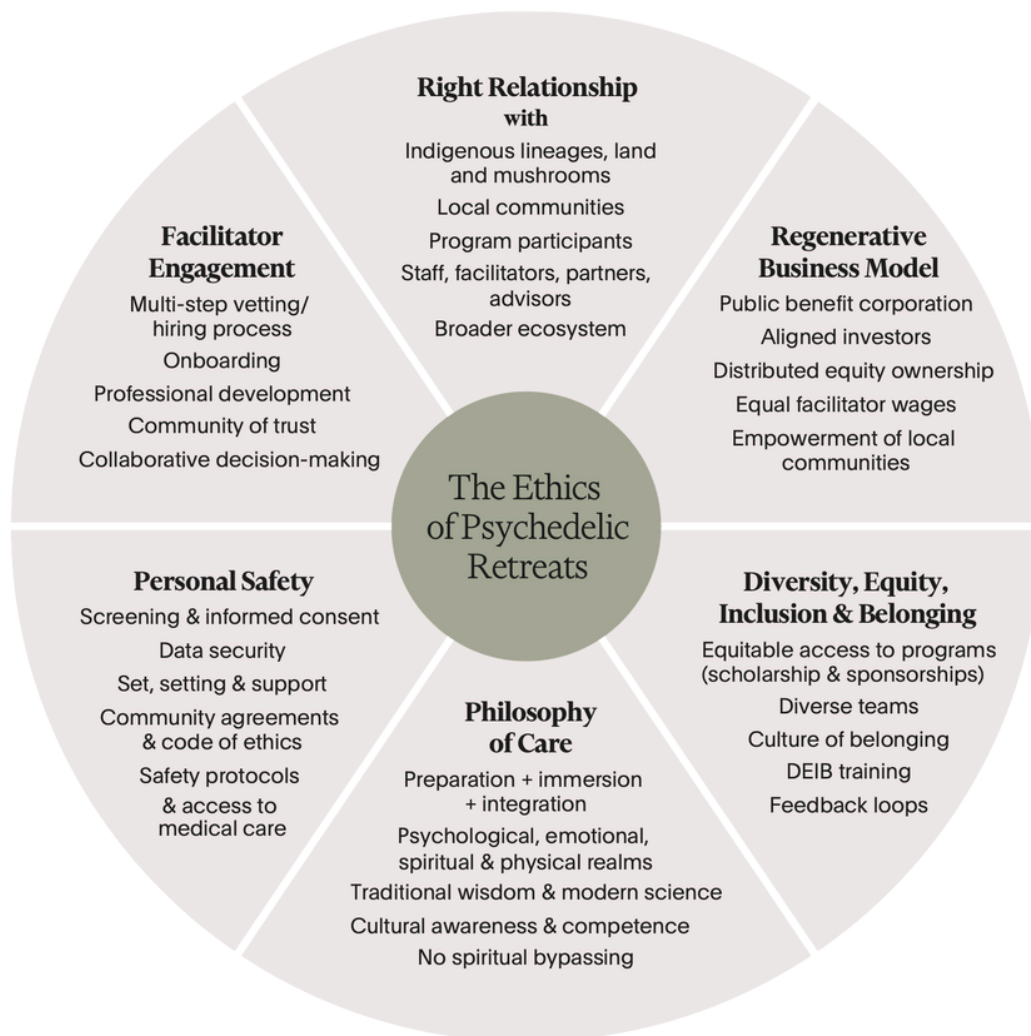
## Additional Offers

| Offer                              | What's Included                                         | Investment                             |
|------------------------------------|---------------------------------------------------------|----------------------------------------|
| 1:1 Coaching pre- and post retreat | Private coaching with the facilitator from your retreat | \$150/session                          |
| Massage at retreat                 | Relaxing 60-minute full body massage                    | \$120 in Jamaica<br>€90 in Netherlands |

# The Ethics of Psychedelic Retreats

## Doing psychedelic retreats the right way

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





# Why Our Participants Join

## And how our program helps

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Accelerate personal growth and self-understanding

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Unleash performance and impact

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Build resilience and empathy

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Improve mood and wellbeing

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Explore spiritual connection and meaning

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Address emotional wounds and destructive patterns

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Break through limitations and inner blocks

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98% of our 500+ participants  
said they would recommend  
our program to family and  
friends

“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



“The induction of nature and community was so profound I didn’t even want to leave. I graduated college, I was on sports teams, I’ve left jobs, but I’ve never been so sad to leave a group in my life. This cohort was something that fed my soul. I’m so happy that the Beckley Retreats Community provides an opportunity for me to continue these relationships beyond the retreats.”

**Heather Smolin, HR Professional, Program Participant**



“I don’t think psychedelics are just for people who have trauma or who need healing. If you want to rewire, away from fear and scarcity, towards joy and abundance, and feel more belonging – versus focusing too much on self – I think this a beautiful instrumental vehicle to truly experience that oneness to really build a deep connection.”

**Ashish Kothari, Ex McKinsey Partner, Founder & CEO of Happiness Squad, Program Participant**

# 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.

# Safety

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

## Safe Location

Safe, private retreats in legal psilocybin locations.

## Holistic Training

Expert facilitators blending indigenous wisdom with modern science

## Dedicated Care

1:4 facilitator-to-participant ratio for personalized support.

## Access to Medical Care

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

## Screening Process

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

## Safety Protocols

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





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# Select Program Facilitators

Our world-class team of practitioners has centuries 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-Castillo

Sergio is a team lead and 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 Mushrooms

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
- 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>

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# The Future We're Building

## Our Mission

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To spark broader positive change through measurable self-development and wellbeing for all through communal psychedelic programs.

## Our Vision

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Beckley Retreats believes that **a healthier and more beautiful world is possible.**

## Our Values

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Rooted in our **pioneering legacy, modern science, ancient wisdom, holistic wellbeing and humble curiosity.**

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# 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

Neil, a former Army Ranger Captain, McKinsey consultant, and entrepreneur, founded Maryland Mindfulness and is MBSR-certified. He has taught meditation to athletes, special forces, and executives, bringing a dedication to integrity at Beckley Retreats.



Vian Morales  
SVP of Operations

Vian, a U.S. Army officer and one of the first Black women to graduate from The Citadel, found healing from corporate burnout through yoga and breathwork. She now dedicates herself to making holistic, science-based wellness practices accessible to others.



Val-Pierre Genton  
SVP of Growth

Val, an internet pioneer with the successful sale of BrightTALK, turned to holistic wellness and psychedelics after overcoming overwork and addiction. Now a father of three, he is committed to advancing accessible, science-backed well-being for a healthier world.



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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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- 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.

## About Amanda Feilding

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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.



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.”

**APPLY NOW**