



Beckley
Retreats

PUBLIC BENEFIT CORPORATION

Science-backed
Psychedelic Retreats



As Featured In

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Traveler

FINANCIAL TIMES

VOGUE

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INSIDER**

The
Economist

Forbes

Handelsblatt



THE  TIMES

The
Standard



Beckley Retreats

We're honored to offer our Sanctuary for Women of Color—a liberated, accessible space created for, with, and led by Women of Color. This transformative psilocybin-assisted retreat invites all Women of Color to embark on a journey of exploration, reclamation, and collective strength, held by a world-class team of facilitators. Women of Color face disproportionate mental health challenges, yet often encounter systemic barriers to care. From cultural stigma to racial trauma and intergenerational stress, the need for safe, culturally grounded support is urgent. This sanctuary is a space to restore, reconnect, and rise - together.



Program Details

Who

All Women of Color

Where

Good Hope, less than 1 hour
outside of Montego Bay, Jamaica

Why

Beckley Retreats is committed to
co-creating liberated, safer, accessible
spaces for, with, and led by Women of
Color

What

An 11 week Beckley
Wellbeing Program with 6
day immersive retreat

When

Jun 29 - Jul 4 2025

Cost

Program rates start at \$4,800

Prepare

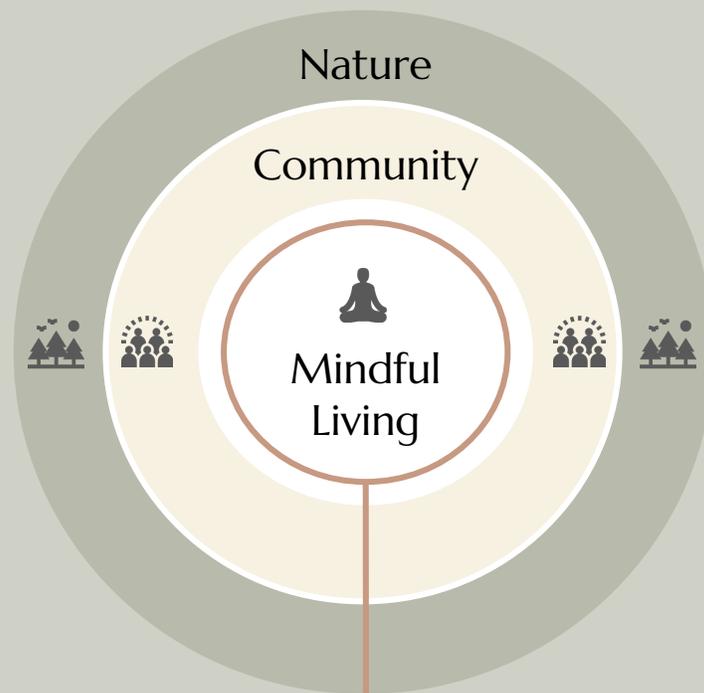
Immerse

Integrate

Grow

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?

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

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 sessions with facilitators
- 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

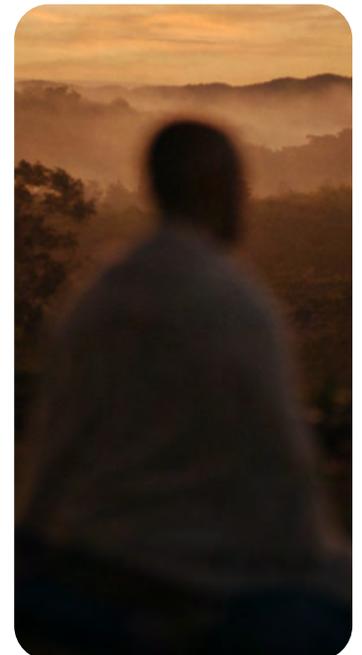
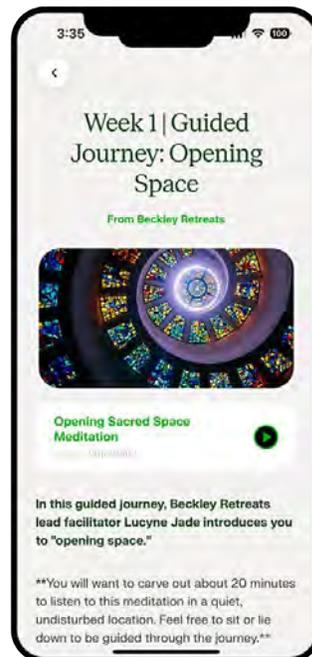
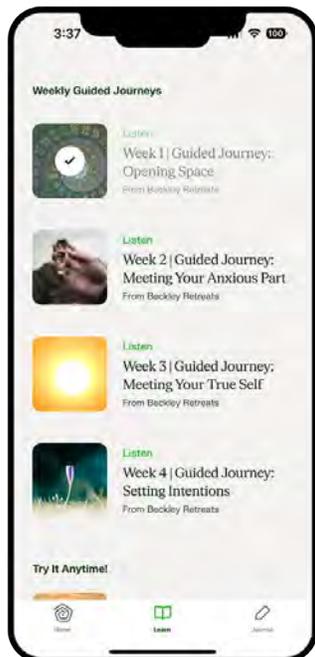
Speak with a retreat facilitator for personal support.

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

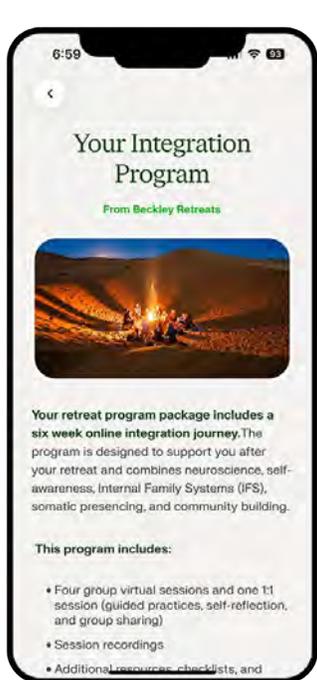
Content and resources in our app.

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.

Prepare

Immerse

Integrate

Grow

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. Beckley alums are part of an ever-expanding circle of kindred spirits, seekers, and change-makers. This is your invitation to deepen your integration, stay connected, and continue growing.

}} Calendar {Beckley Community} ▾



Join Our Monthly Alumni Calls – Join and invite your friends! Guided by expert facilitators, these calls provide integration tools and a supportive space for reflection.



Shape the Future of Beckley Retreats – Share your experience in a feedback session with our CEO and hear about the future of Beckley Retreats held every other month.



Educate & Inspire Others – Bring your story to life with a video below & write a [google review](#)



Support the Mission – Help expand access to those in need by contributing financial aid to the Beckley Scholarship Fund.



Why Our Participants Join

And how our program helps

Accelerate personal growth and self-understanding

Unleash performance and impact

Build resilience and empathy

Improve mood and wellbeing

Explore spiritual connection and meaning

Address emotional wounds and destructive patterns

Break through limitations and inner blocks

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



"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 left as family members. And that felt really special to me."

- Candace Oglesby-Adepoju, Trauma Informed Psychotherapist



"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)



"I did a lot of research around wellbeing programs with safe, legal and ceremonial use of plants and found Beckley Retreats. I manifested for two years that I wanted a life-changing experience like this. Now here I am, I've done it and it has been amazing."

- Mujo O, Social Innovators Accelerator Lead Fortune 500 Management Consulting Firm

Signature Program Pricing

Locations (discover here)	What's Included	Investment*
Jamaica	Retreats include preparation program, airport transportation, accommodation, guided ceremonies, wellness activities, meals, integration program, alumni community.	\$4,800 - \$11,500
		<i>*Price range per room (triple, double, private; standard or deluxe)</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 €90 in Netherlands



Why Are We Running A Specialty Program For Women Of Color

- 1. Higher Rates of Mental Health Challenges, Lower Access to Care**
 - Women of Color experience **higher rates of depression, anxiety, PTSD, and stress-related disorders** than their white counterparts, yet they are **significantly less likely to receive treatment** (National Alliance on Mental Illness, 2023).
- 2. Cultural and Structural Barriers to Seeking Help**
 - Women of Color are more likely to **face stigma, cultural expectations, and mistrust in healthcare systems**, leading to **underreporting of mental health symptoms** (American Psychological Association, 2022).
- 3. Racial Trauma and Chronic Stress**
 - Women of Color are disproportionately affected by **race-based stressors**, such as discrimination, workplace bias, and community violence, which contribute to **higher rates of chronic stress and mental health disparities** (Journal of Racial and Ethnic Health Disparities, 2023).
- 4. Socioeconomic Barriers and Healthcare Disparities**
 - **Financial strain, lack of culturally competent providers, and insurance gaps** prevent many Women of Color from accessing consistent and effective mental healthcare (SAMHSA, 2023)
- 5. Generational and Maternal Mental Health Impacts**
 - Women of Color, particularly Black and Indigenous women, have **higher rates of birth-related PTSD, maternal mental health disorders, and intergenerational trauma** than white women (Journal of Women's Health, 2024).



A Sacred Space for Women of Color

Imagine a world where **Women of Color** are no longer burdened by the weight of **generational trauma, discrimination, and systemic inequities in mental health care.**

Consider the story of **Amara**, a survivor of racial trauma, who joins a **psilocybin-assisted group experience.** In this sacred space, she connects with other women who intimately understand her pain—together, they embark on a journey of emotional revitalization, reclamation, and collective strength.

Picture **Naomi**, a dedicated mother who, after years of battling anxiety and depression without adequate support, finally finds **solace and empowerment in a psilocybin-assisted wellbeing retreat.** She emerges from the experience with renewed resilience and the tools to navigate life's challenges.

The **mental health crisis among Women of Color is undeniable**—higher rates of depression, anxiety, PTSD, and chronic stress collide with systemic barriers that limit access to care. Research consistently shows that **psychedelic-assisted experiences, group therapy, and structured integration support** can be powerful interventions for breaking cycles of trauma and fostering profound personal growth. What **keepers of global wisdom traditions** have known for centuries, modern science is now proving: that true transformation happens in **community, with intention, and in safe, culturally grounded spaces.**

By **consciously co-creating these spaces**, we don't just address **mental health disparities**—we empower Women of Color to be the architects of their own liberation. This is not just an opportunity; it is a **moral imperative** to ensure that every woman—regardless of race or socioeconomic background—has access to the transformative experience she deserves.



Poet and Author Maya Angelou's words "Surviving is important. Thriving is elegant" inspire us to move beyond mere survival and towards flourishing in all aspects of life, including mental and emotional well-being.

Program Team

Our world-class team of practitioners have decades of combined experience creating safe and transformational spaces and working with psychedelics.



Dr. Dingle Spence
Retreat Co-Lead & Retired M.D.

Dingle Spence is a Jamaican physician with training in Clinical Oncology and Palliative Medicine and has recently retired as the Senior Medical Officer of the Hope Institute Hospital after 20 years of public service. She is an Associate Lecturer at the University of the West Indies and Co-Director of the Jamaica Cancer Care and Research Institute. Dingle is a lifelong meditator, has training in Shamanic Energy Medicine, and is a trained psychedelic guide with extensive experience working with psychedelics for transformative.



Hanifa Nayo Washington
Retreat Co-Lead, Ceremony Lead/Musician

Hanifa Nayo (she/her/hers) is a sacred artist, ritualist, and healing justice practitioner. With 15 years of experience leading heart-centered group facilitation, she's also a Reiki master practitioner, musician, and creative. Hanifa flourishes at the intersection of mindfulness, liberation, and place-making, shaping organizations, gatherings, and spaces based on the values of beloved community. Founding Team Emerita of Fireside Project, co-leader of Psychedelic Health Equity Initiative (PHEI), co-founder One Village Healing, and active contributor -Community Advisory Council of the Oregon Psilocybin Evaluation Nexus.



Elizabeth Goffe
Yoga Teacher & Ceremony Co-Facilitator

Elizabeth is a retreat facilitator, ceremony musician and yoga teacher. She is the owner of TrueSelf Centre, a community space in Kingston, Jamaica that offers a variety of wellness and healing practices for all ages, including yoga, journaling, meditation, reiki, massage, positive discipline, and more. Of all the wellness tools she has explored in her life, music is Elizabeth's favourite. She has been singing and writing songs since she was a child.



Mandi Bent
Facilitator & Integration Co-Facilitator

Mandi is a registered Holistic Counsellor and Tantra Coach who blends meditation, therapy, and psychedelic integration to support deep personal and relational healing. After leaving a corporate career to explore alternative therapies and spiritual practices worldwide, she now guides others on transformative paths to empowerment and growth.



Micah Tafari
Facilitator & Ceremony Lead/Musician

Micah is an indigenous land custodian, firekeeper, and facilitator at Beckley Retreats. Raised on a rural farm and immersed in indigenous traditions, he explored entheogenic plants, sustainable living, and intentional communities in Jamaica. Passionate about reconnecting humanity with nature, he creates safe, transformative spaces for deep emotional healing and personal growth.



Eber Rodriguez
Facilitator & Ceremony Lead

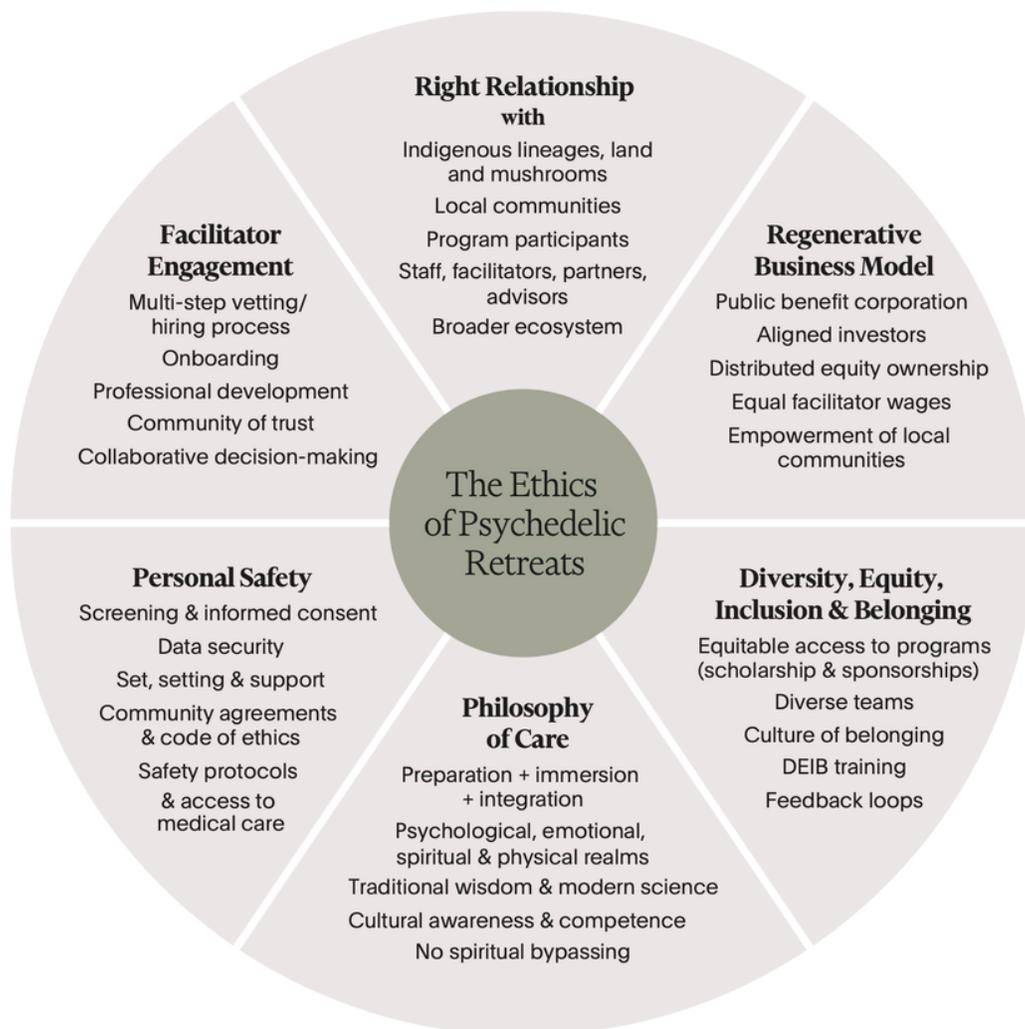
Eber is a multi-instrumentalist and psychedelic facilitator specializing in ancient chanting and sound therapy. His journey from meditation to Indigenous teachings shaped his deep understanding of ceremonial healing. Now, he holds mushroom ceremonies, guiding others through transformative experiences with plant medicine.

**Facilitators may change base on availability and program different dates*

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.



Location

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.

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



Psilocybin Mushrooms

Psilocybin has been used for millennia across many cultures 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 millennia and anecdotal evidence suggests it has often been perceived to improve wellbeing.



Psilocybin

Benefits of Psilocybin

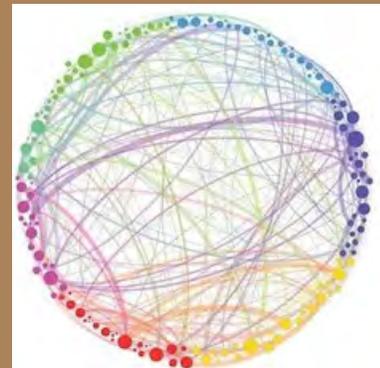
Modern scientific research into psilocybin indicates that there may be many potential lasting therapeutic benefits:

- 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>

The Future We're Building

Our Mission

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

Our Vision

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

Our Values

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

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.

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:



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.

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.





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