



Beckley
Retreats

PUBLIC BENEFIT CORPORATION



Alumni Program

October 7-12, 2024

Ocho Rios, Jamaica



PUBLIC BENEFIT CORPORATION



As Featured In



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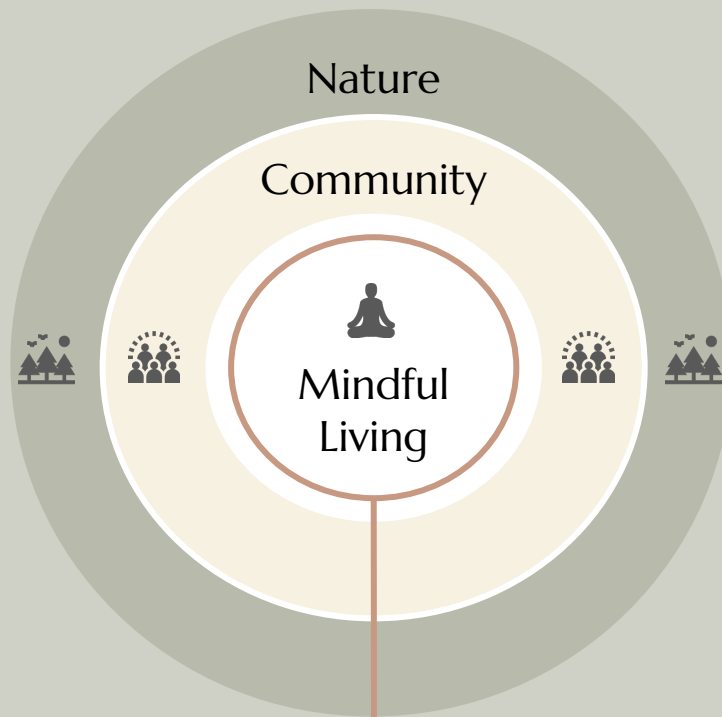


THE  TIMES

The
Standard

An opportunity for sustained personal growth in a community of returning participants

Our multidisciplinary model empowers returning participants to come together to deepen knowledge, skills and insights to promote personal discovery & 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



- Ceremonial psychedelics
- Prayer and/or ritual
- Arts & creative expression

Welcome back, friends!

Our 5-night program for Beckley Retreats alumni provides space to continue on the path of self-discovery

Alumni Program

- Spiral back to your previous intention, reflect on growth, and set a new intention for the path ahead
- Recommit to your personal practices and growth journey
- Spent time with and build community with fellow Beckley Retreats alumni
- Sustain/improve wellbeing through accountability within a community of peers
- Enjoy our core preparation and integration content – and Signature retreat experience – with new modules and approaches for deepening your personal practices and holistic wellbeing
- 1 cohort preparation session + 4 cohort integration sessions
- On retreat: 2 psilocybin journeys, daily practices



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

Why Beckley Retreats?

Our Co-Founder Amanda Feilding and the Beckley Foundation have been researching the transformational potential of psychedelics for over 25 years. At Beckley Retreats, we provide world-renowned, safe, and professional retreats to those looking to grow and improve their wellbeing through the legal use of psilocybin and science-backed holistic wellbeing practices. Our team is comprised of experts from many fields, with decades of experience in both modern approaches to wellbeing and global wisdom traditions.

The Standard for Psychedelic Retreats



Join us at Prospect Villas

A beachfront retreat center in Ocho Rios, Jamaica

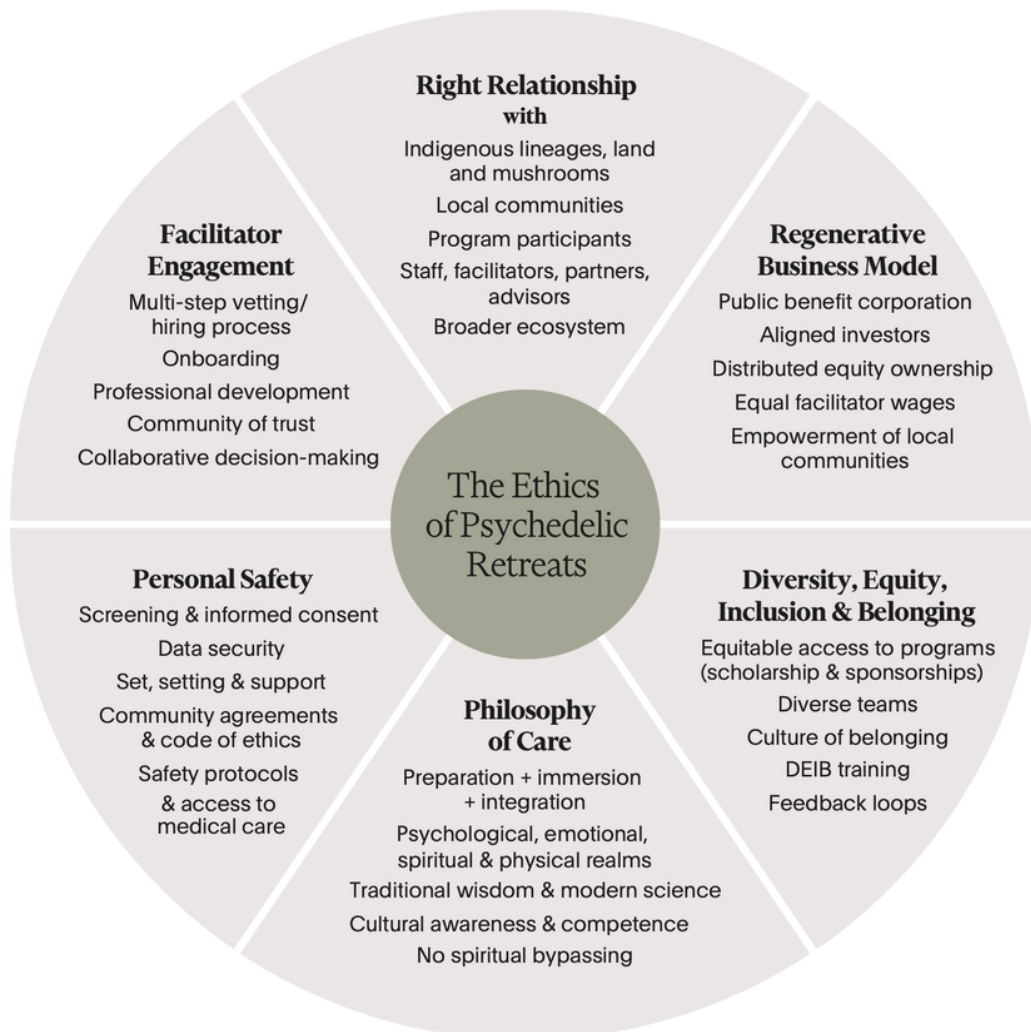
A beautiful property nestled between the Caribbean Sea and lush greenery of the mountains, Prospect Villas features a private beach, swimming pool, lush tropical gardens, and a variety of lovely air-conditioned room options.



The Ethics of Psychedelic Retreats

Doing psychedelic retreats the right way

The modern-day, above-ground psychedelic retreat industry is nascent. There are no gold standards for integrating traditional models of psychedelic use from global wisdom traditions with emerging science to offer transformational psychedelic experiences legally, safely, and ethically in a retreat setting. As a Public Benefit Corporation, Beckley Retreats is committed to laying a foundation for how psychedelic retreat providers can operate with ethics at the heart of their missions. Below, we've laid out six facets of psychedelic retreat ethics, as we see them. At the core is a mindset of humility, a willingness to listen and learn, and nimble approaches that allow for an evolving paradigm to unfold.



Why Our Participants Join

And how our program helps

Self-Understanding & Habit Change

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

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

Break Through Limitations

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

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

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

"It doesn't start with a manual, it doesn't start with a playbook... If you want to reinvent yourself and be a better human being as part of humanity, do the work... The mushroom doesn't always give you what you want, but it will give you what you need."

– Jim MacPhee, Former COO of Walt Disney World

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

– Beckley Facilitator

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

– 2023 guest

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

– Jon Macaskill - 20 year SEAL Commander

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

Program Facilitators

Our world-class team of practitioners has decades of combined experience holding safe, transformational spaces and working with psychedelics.



Kosu Boudreau

Kosu Boudreau, RP, MSW, RSW, is a psychotherapist/social worker/integration specialist from Toronto, Canada with over 20 years of experience working with trauma, addictions and end-of-life care. Kosu uses an integrated, somatically-grounded, experiential approach, which includes: AEDP™, Internal Family Systems (IFS), Sensorimotor Psychotherapy, Acceptance and Commitment Therapy (ACT) and Psychedelic Assisted Psychotherapy (PAP) - all of which emphasize integration of mind/body/spirit. Kosu is also an experienced group facilitator, yoga teacher and long-time meditation practitioner.



Micah Tafari

Micah is an indigenous keeper and 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. Micah is passionate about supporting the reestablishment of oneness between humanity and nature. He's found incredible beauty and meaning through helping people work with entheogenic plants. He believes that this work can create a new way of being in the world.



Eber Rodriquez

Eber is a 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. Psychedelics have refreshed his perspective of life with spiritual experiences that have had a deep, meaningful opening in his emotional, physical and mental processes.



Mandi Bent

After ending a corporate career in the Middle East, Mandi was introduced to various practices including Tantra which deepened her personal commitment to self-development. She has trained in numerous alternative therapies, delved into psychedelic plant medicines, and spent 15 months in ashrams in meditation. Mandi is a registered Holistic Counsellor and Tantra Coach specializing in female sexual health as well as relational healing. She is also certified as a meditation teacher and a Reiki master.



Jason Worton

Jason has spent his life fascinated with plants and natural remedies. Beginning as a touring musician, he explored a life centered around permaculture and plant medicines. Jason has taught yoga for many years and believes that all life has a purpose and is interconnected. Jason enjoys sharing a rich knowledge of Jamaica's history and culture, distills essential oils, raises bees, and enjoys surfing. Jason lives by the saying "Never try to be a great master, simply try instead to be a good student."

Psilocybin

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.
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- 3) Psilocybin with psychological support for treatment-resistant depression: six-month follow-up. (2017) *Psychopharmacology (Berl)*, Carhart-Harris RL, ... Feilding A, Taylor D, Curran HV, Nutt DJ
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The Future We're Building

Our Mission

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

Our Vision

Psychedelics have the power to unlock a new way of seeing, to perceive what we could not previously; this leads to new understandings that can shift both our stories and our lives.

Our experiences are designed to set the ideal conditions for this higher purpose:

To unlock a new way of seeing for those who are ready, and to inspire a more harmonious way of life.

Our Values

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



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.



Beckley Retreats Leadership Team

Committed to serving others and continuing our own inner work



Amanda Feilding
Co-Founder

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Neil Markey
Co-Founder, CEO

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



Alexandra Pallas
Co-Founder, SVP
of Programs

Alexandra is an expert in transformational experience design and a spiritual development enthusiast. A former ed tech leader and management consultant at top global firms, she specializes in organizational learning strategy, leadership development, and program management. Alexandra has studied, practiced, and taught holistic wellbeing modalities and ancient wisdom traditions for 20 years. She graduated from the UCLA School of Film & TV, trained extensively at the American University of Complementary Medicine and other wisdom schools, and is finishing an M.A. in Mindful Leadership.



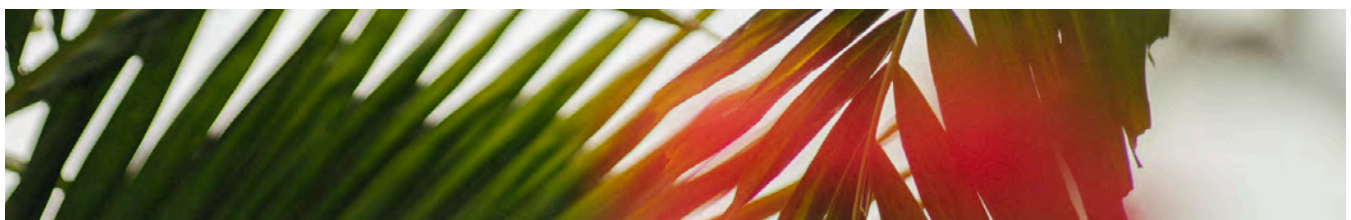
Vian Morales
SVP of Operations

Vian discovered the importance of physical health at a young age. As the 33rd black female graduate of The Citadel, an officer in the U.S. Army, and nearly two decades of managing people and processes in the corporate sector, Vian quickly recognized the burnout and mental health issues engulfing these spaces. She found it challenging to access science-based, safe, holistic options. Through tragedy and deep work, she re-grounded herself through yoga, meditation, and becoming a breathwork facilitator. Vian has dedicated herself to bringing holistic practices, understanding and accessibility of ancient wisdom to others.



Val-Pierre Genton
SVP of Growth

Val is dedicated to making science-backed psychedelics and holistic well-being accessible to all. He pioneered the world's first virtual events company, building one of the internet's earliest communities and growing it to 29M users, ultimately selling BrightTALK for \$150M in 2020. His entrepreneurial journey, including a near-death experience from overwork and related addictions, led him to yoga, meditation, sound medicine and psychedelics-based trauma work. He is a present father of three and envisions a world where preventative well-being transforms individual, societal and planetary health.





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.”

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