

Experience transformational change through the ceremonial use of truffles, holistic wellbeing modalities and meditation practices

# Beckley Retreats

Reflect

Reset

Rewire

## Why Beckley Retreats?

The Beckley Foundation has been researching psychedelics for over 25 years. We believe that personal transformation is the foundation for our collective evolution. Your individual journey of awakening is powerful not only for what it can do for you, but for the ripple effect it has on the world around us.

## Program

Pre-retreat preparation

One-week immersion

Post-retreat integration

4 weeks, virtual

5 days, Netherlands

6 weeks, virtual

\*15-20 participants per program

## Upcoming dates

● August 24th-28th, 2022  
Virtual program begins July 24th

Available

## Prices

Euro	Single	Shared room
Individual rate	4000 Euro	3600 Euro

## Location



New Eden is a unique residential retreat center surrounded by 50 acres of calm and quiet land, 90 minutes from Amsterdam.

Since August 1994 (almost 30 years), this land has hosted hundreds of events and brought inspiration to thousands of participants on the path of personal transformation.

More than a venue, New Eden is a healing environment perfectly suited for deep dive immersive experiences.

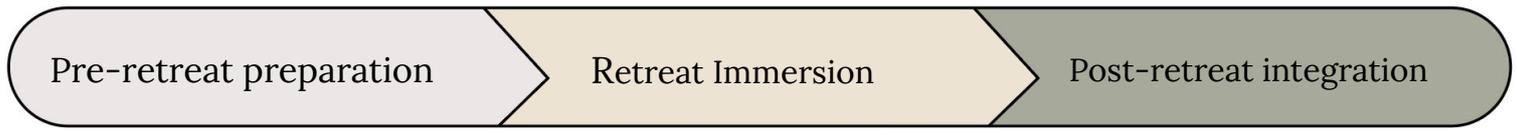
## Sign up

[Click here](#)

For questions, reach out to our team:  
[info@beckleyretreats.com](mailto:info@beckleyretreats.com)  
+1 240-285-1009

# Program

World-renowned facilitators. World-class cuisine. An extraordinary opportunity for quantum leaps in personal transformation.



## Set the foundation and learn the basics

- Group sessions
- 1:1 session
- Journaling and preparation exercises
- Wellbeing practices introduction

## Experience the practices and ceremony together

- Truffle ceremonies
- Meditation
- Mindful movement
- Therapeutic group integration
- Nature immersion & digital detox
- Breathwork

## Build the habits and make change

- Rewiring process led by Lucyne Jade:
- Daily well-being practices
  - Weekly group calls
  - Meditation modules
  - Breathwork modules

## Immersion Program schedule

	Day 1	Day 2	Day 3	Day 4	Day 5
07:00 - 08:00		Movement	Movement	Movement	
08:00 - 09:00		Meditation	Meditation	Meditation	Breakfast
09:00 - 10:00		Breakfast	Breakfast	Breakfast	Integration / closing circle
10:00 - 11:00		Nature walk	Integration / Art therapy	Free time	
11:00 - 12:00		Smoothie		Smoothie	Departures
12:00 - 13:00		Breathwork	Breathwork		
13:00 - 14:00		Truffle ceremony	Lunch	Truffle ceremony	
14:00 - 15:00	Arrivals		Relaxing free time		
15:00 - 16:00	Welcome				
16:00 - 17:00	Opening ceremony		Afternoon integration session		
17:00 - 18:00	Dinner		Dinner		
18:00 - 19:00		Dinner	Dinner		
19:00 - 20:00					
20:00 - 21:00					

Schedule subject to change.

# Location

An accessible nature haven  
only 1.5 hours from Amsterdam Airport



## Netherlands

Why the Netherlands?

The Dutch have a liberal policy around substances and thankfully truffles are legal in the Netherlands - making it a wonderful place to offer safe experiences with truffles containing Psilocybin.

Amsterdam Airport is highly accessible from all over the world and very affordable to travel to from Europe in particular.

## New Eden

New Eden - Centre for Personal Transformation is a unique residential Retreat Center only 1.5 hours from Amsterdam. New Eden is a private intimate venue focused on deep personal transformation. New Eden takes great care to provide an inspiring, comfortable and ecologically friendly environment. **All meals are vegetarian and organic whenever possible.** They are prepared by professional chefs with the highest care and love.



## Amenities

- Group activity room
- Newly refurbished private ensuite bedrooms
- Grassy fields and forests to walk in
- Hammocks
- Cosy living rooms areas with fireplaces

# Safety

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

## Connected and safe location

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### Private setting

Our group will solely occupy the building during the retreat to ensure a peaceful and distraction-free experience. Programs are conducted with 15-20 participants for an intimate experience.

### Safe location

New Eden is a remote and secure property

### Medical centers

An urgent care facility is located within 20 minutes away

## Professionally trained staff

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### Holistic training

Our world-class team of facilitators bring together the wisdom of indigenous practices with modern scientific knowledge. Our staff has 50 years of combined experience in psychedelic medicine

### Dedicated care

There will be a minimum of one facilitator for every 4 participants to focus on your wellbeing during the ceremonies

### Medical professionals

Our ceremony facilitator is a licensed psychotherapist and we have a 24/7 on-call medical doctor

## Individual attention

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### Suitability screening

During your confidential intake with our lead facilitator and psychotherapist, we will (with your consent) discuss the personal medical and psychiatric history that you share with us. If we determine that consuming truffles containing psilocybin may lead you to experience unwanted drug interactions and other unintended complications, you will not be able to participate in the psilocybin ceremonies



# Beckley Retreats Facilitators

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



**Lucyne Pearson**  
Lead Facilitator

Lucyne is a certified Integrative Psychotherapist. She is the Founder of The Deepening Process retreats in the UK and runs shamanic retreats in Brazil, Spain and Costa Rica. She specialises in shamanism, breathwork and ancestral healing. She is a skilled sound healer and a master of making connections between the wisdom of ancient practices and modern day neuroscience.



**Zach Stockdale**  
Meditation Teacher

Zach is a former US Army Ranger and Iraq war veteran. He first discovered the words of the Buddha on his third deployment to Ramadi, Iraq. He has now spent more days in silent meditation than in war. He has sat in meditation with many of the living masters of our age: monks of the Thai Forest tradition, the Burmese Theravada tradition, the Sri Lankan Theravada tradition, the Tibetan Buddhist tradition, among others.



**Deva Jeet**  
Yoga Teacher and Ceremony assistant

Deva is a Shamanic Guide, Song Carrier, Yoga & Meditation Teacher and Breathworker. She also works as a Social Worker and counsellor and specialises in helping children find their adopted, forever family. She has years of experience holding safe and sacred space for participants to heal and grow.



**Petar Savic (Prem Sangeet)**  
Musician and Shamanic Facilitator

Prem is an exceptional musician and ceremony facilitator. He found a homecoming in shamanic traditions after reading books by Carlos Castaneda in his teenage years. In his early twenties, he met his spiritual teacher, Sri Chinmoy, who taught him Transcendental Meditation. Finding his calling at the intersection of music and sacred medicine has provided the compass in Prem's own journey. He brings the guiding mastery of music into the medicine ceremony, as well as supportive healing.



**Tamara Slock**  
Shamanic Practitioner

Tamara worked as a nurse when she first realised that compassion, attention and the love she shared with her clients was a big part of healing. She then became interested in more holistic healing modalities and started to explore different pathways. She is trained a yoga teacher a breathworker and reiki practitioner, and then got called to the shamanic path and to plant medicines. After studying with a mestizo maestro, she is currently studying under a shipibo maestro from Peru that works with these sacred plants. Opening up a path for the indigenous wisdom to come together with western medicine.



# Truffles Containing Psilocybin

Truffles containing Psilocybin have been used for millennia by indigenous people and anecdotal evidence suggests they may also 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 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)

## Potential Benefits of Truffles Containing 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)

## The Ceremonial Use of Truffles Containing Psilocybin

Our retreats incorporate two 6-hour truffles ceremonies.

Sitting together in ceremony has been done for millenia and anecdotal evidence suggests it has often been perceived to improve well-being. Some studies have also shown that psilocybin may promote neurogenesis and neuroplasticity(1)

Our ceremonies are not held in a specific tradition or lineage but bring music and prayers from different traditions that carry the vibration of pure intention and the frequency of love.



### 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

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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*.

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<https://doi.org/10.1038/s41398-021-01335-5>

# The Beckley Foundation

The best way to overcome the taboo, and re-integrate psychedelics into the fabric of society, is by undertaking the very best scientific research.”

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 minimise 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 recognised 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.

Learn more at: [www.beckleyfoundation.org](http://www.beckleyfoundation.org)



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**Queen Of The Psychedelic Renaissance: Amanda Feilding Has Been Committed To Cognitive Liberty For 55 Years**



**BECKLEY**  
FOUNDATION

# Beckley Retreats Leadership

Committed to serving others and continuing our own inner work.



**Jeya Lorenz**  
Co-Founder and Director  
of Ceremony

Jeya is an expert across different projects related to consciousness, wellness, psychedelics and Earth Reciprocity. She is co-founder of a conscious co-working and retreat space in London (UK) and supported on curation and facilitation. Today, she lives in Costa Rica where she supports retreats. Jeya is an experienced plant medicine-sitter and assists in ceremonies on the retreats. Her dream for the future is a world where we are in deep communion with these holy medicines and we live in reverence of the precious indigenous wisdom.



**Alexandra Pallas**  
Co-Founder and SVP Programs

Alexandra is passionate about creating transformational experiences that support people in aligning with their destinies for our collective evolution. She has served as a business management consultant with top global firms, a product design leader at non-profits, and an executive coach. She is also a forest-wandering mother, animist, mindfulness facilitator & ceremonialist. She has trained at the Four Winds Society, American University of Complementary Medicine & various mystery schools, and is working on an M.A. in Mindful Leadership.



**Neil Markey**  
Co-Founder and CEO

Neil is a former Army Ranger Captain, entrepreneur, McKinsey consultant and Private Equity C-level burnout. A mathematician through schooling and a seeker through trauma. Neil is the Founder of Maryland Mindfulness and received a MBSR (Mindfulness Based Stress Reduction) teachers certification from Jefferson University - Myrna Brynd Center for Integrative Medicine. Neil has taught meditation to professional athletes, special forces soldiers, and business executives. Neil's new mission is to connect organization leaders to the healing spiritual arts and wellbeing practices.



**Amanda Feilding**  
Co-Founder

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 recognised its transformative and therapeutic power.



**Sylvia Benito**  
Director

Sylvia connects consciousness to capital by bridging the traditional world of investing to her proprietary innovations in quantifying the alignment, awareness, and transformative purpose of any company. Sylvia believes that entrepreneurs are the most capacitated group to create social shifts at a massive scale in our world, and trusts that the deployment of capital to those visionaries who can concurrently execute is a powerful agent of change.



**Rock Feilding-Mellen**  
Co-Founder and Director

Rock is the co-founder and partner at Beckley Waves, which seeks to create, cultivate, and support start-ups that are poised to provide transformational benefits to individuals and our society at large through finding innovative solutions to the growing epidemic of mental illness or through finding new ways to boost creativity and connectedness.

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."