



Beckley Retreats is a leading psilocybin wellbeing organization co-founded by Amanda Feilding, the Founder and Executive Director of the Beckley Foundation – one of the world’s leading research non-profits for psychedelics.

We would like to collaborate with you in the creation of safer, liberated spaces for Black women through unique retreat wellbeing experiences.



Program Details

Who

All Black women, across the diaspora.

Where

Jamaica, less than 2 hours outside Montego Bay

Why

Beckley Retreats is committed to co-creating liberated, safer, accessible spaces for, with, and led by Black women

What

An 11 week Beckley Wellbeing Program with 6 day immersive retreat

When

28 Apr - 3 May 2024

Cost

Program rates start at \$5,900

Pre-retreat preparation
4 weeks, virtual

One-week immersion
6 days, Jamaica

Post-retreat integration
6 weeks, virtual

Psilocybin and Self-Care

A [recent scientific study](#) found that psilocybin can have rapid and enduring antidepressant effects in patients with treatment resistant depression. The study also found that psilocybin improved symptoms of anxiety and had a positive effect on overall functioning and quality of life.

Studies like these show major promise for the general public, and Beckley Retreats has an especially keen eye out for ways to be of service underserved, underrepresented and marginalized communities. .



Scholar and Activist Angela Davis has called for "collective self-care" as a means of resilience in the face of adversity. Creating safe spaces for Black women to heal collectively is a step towards manifesting this vision.

In a world marked by systemic racism, economic disparities, and social injustice, the creation of safer, liberated spaces for Black women to heal with psilocybin is not just essential, but an urgent moral imperative.

Mental Health Disparities: According to the Substance Abuse and Mental Health Services Administration (SAMHSA), Black adults are 20% more likely to experience serious mental health problems than the general population. This alarming disparity highlights the urgency of addressing mental health needs within the Black community.

Trauma and Stress: A study published in the Journal of Traumatic Stress reveals that Black women are more likely to experience traumatic events and are less likely to receive adequate mental health care compared to their white counterparts. This unmet need for healing exacerbates the cycle of trauma.

Depression and Anxiety: The Anxiety and Depression Association of America reports that Black women are more likely to experience persistent depressive disorder and generalized anxiety disorder, further emphasizing the pressing need for holistic and effective interventions.



A Sacred Space for Black Women

Imagine a world where Black women are no longer burdened by the weight of generational trauma and discrimination. Consider the story of Tasha, a survivor of racial trauma, who participates in a group psilocybin wellness session. In this sacred space, she connects with other Black women who understand her pain, and together, they embark on a journey of healing, reclamation, and collective strength.

Picture Amara, a dedicated mother who, after years of battling anxiety and depression, finds solace and empowerment in a psilocybin-assisted wellness session. She emerges from the experience with renewed resilience and the tools to navigate life's challenges.

The transformative potential of psilocybin-assisted healing for Black women is profound. All research points to the overwhelming effectiveness of psilocybin, group healing, and integration - what earth-based medicine healers have known and practiced for centuries.

By consciously co-creating these safer, intentional spaces to heal, we not only address the mental health disparities and trauma Black women face, but also help Black women live in their power to be the architects of their own liberation. It is our moral duty to recognize the urgency of this cause and work together to ensure that Black women can access the healing they deserve as a basic human right.

Beckley Retreats is committed to co-creating liberated, safer, accessible spaces for, with, and led by Black women with the goal to improve mental, physical, and emotional wellbeing and resilience. No one is free until we are all free.

We invite you to join this sacred space as we connect, empower, explore, heal and celebrate our magic in community.

If you feel called, or know someone who may be interested in supporting this and other initiatives please do so by donating to the [Beckley Retreats Scholarship Fund](#) tax deductible and supported by our fiscal sponsor, [Reconsider.org](#).



Poet and Author Maya Angelou's words "Surviving is important. Thriving is elegant" inspire us to move beyond mere survival and towards the flourishing of Black women 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 healing spaces and working with psychedelics. Sacred space held by Black women for Black Women.



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 healing.



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

Hanifa Nayo (she/her/hers) is a sacred activist, 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.



Roz Walker
Breathwork Facilitator & Ceremony Co-Facilitator

Roz co-facilitates retreat experiences and guides participants through powerful breathwork journeys. She is deeply connected and in tune within each experience and assists participants. Her sound ability to tap into her own natural state of being serves to support and guide those around her in remembering their own truth. Roz is a Holistic Therapist with over 20 years of experience. Her long-time relationship with this work has taken her down the path of exploring many different modalities. In whatever form it takes, she holds space powerfully and deeply.



Sita Ji
Ceremony Lead/Musician & Shamanic Practitioner

Sita has been formally trained as a plant-based chef and permaculture designer. For many years, she's sat with shamans and teachers in the Rastafari community, learning about ayahuasca, cannabis, cacao, kambo and psilocybin mushrooms. Sita co-leads ceremonies with her music, energy work, and intuitive guidance. Sita devoted herself to energy work, entheogenic plants, and methods for protecting the natural world. And completed training with Bhakti Yogis, Fluence MDMA & Psilocybin-Assisted Therapy Research courses, and is initiated in the sacred tradition of Agnihotra fire ceremonies.



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.



Dr. Valerie Mason-John
Retreat Co-Facilitator & Shamanic Practitioner

Dr. Valerie (Vimalasara) Mason-John (hon.doc) M.A is the award winning author of ten books including Detox Your Heart, Meditations for Emotional Trauma, Eight Step Recovery Using The Buddhist Teachings to Overcome Addiction, I'm Still Your Negro a Homage to James Baldwin. They are one of the founding facilitators of Dr Gabor Maté's Compassionate Inquiry, trained in IFS, Mindfulness and is a senior teacher in the Triratna Buddhist Community. They have also taken intensive training courses in Afrikan Ancestral healing, Shamanism Journeying and Breathworks.



Vian Morales
SVP of Operations

Vian is a Veteran Army Officer, creative Operations Strategist, The Citadele's 33rd Black Female graduate and a breathwork facilitator. She currently serves as the SVP of Operations at Beckley Retreats and is fiercely passionate about sharing the science-backed benefits and ancient wisdom of psychedelics. Vian has dedicated herself to bringing safe wellbeing experiences to a larger audience, especially making holistic health more accessible to veterans and the BIPOC community.

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