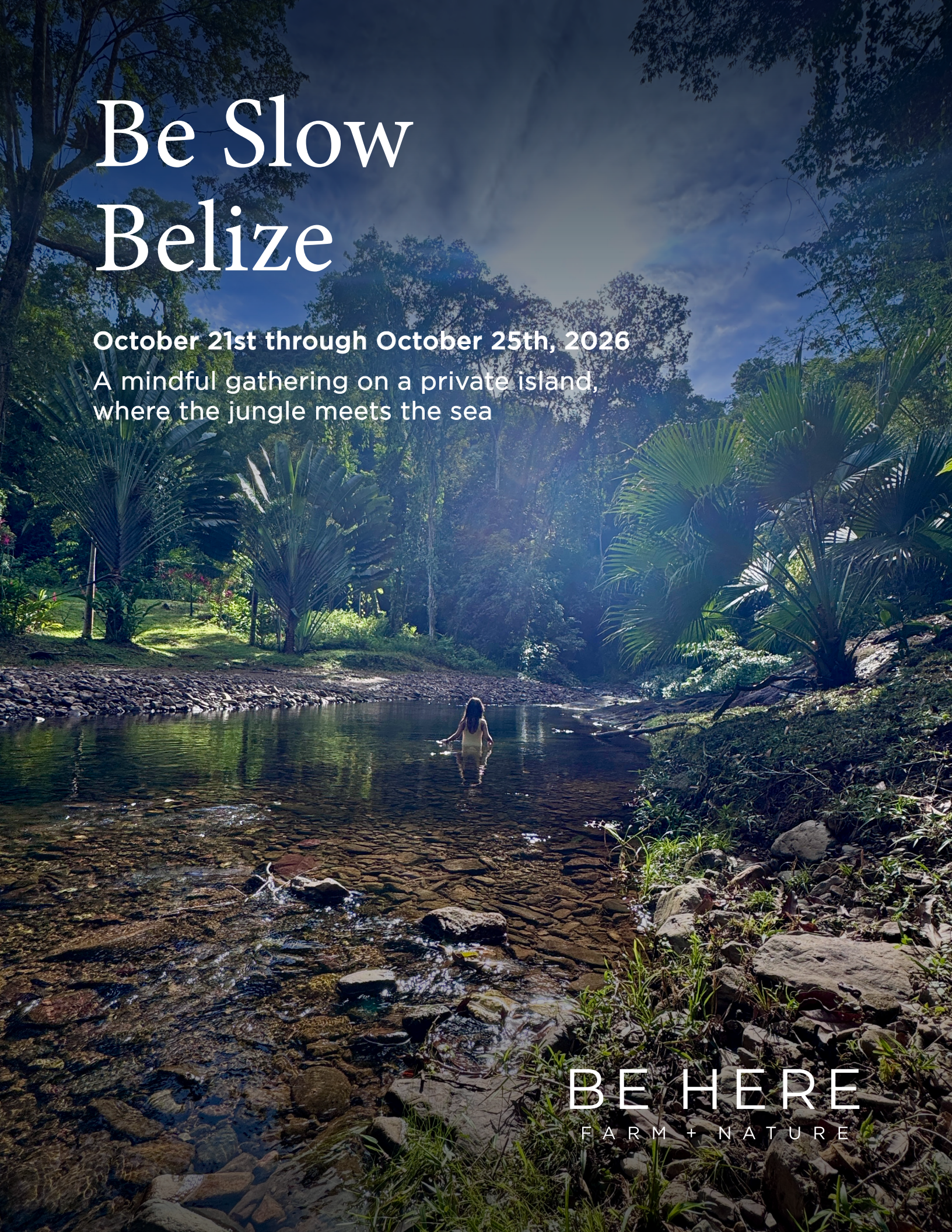




Be Slow Belize

October 21st through October 25th, 2026

A mindful gathering on a private island,
where the jungle meets the sea

BE HERE
FARM + NATURE

BE HERE

FARM + NATURE

October 21 - October 25, 2026, we will gather on a private island with the best of company to enjoy the culture, cuisine, charm, and calm of Placencia, Belize. Spanish sailors lended the name Placencia to this coastline, translated as the *pleasant point*, making this the idyllic location for our next Be Slow experience.

Being Slow is not merely a trip, nor is it merely a vacation, although it contains both within it.

Being Slow is an experience of living at the intersection of nature connection, holistic health, regenerative principles, luxury service, and hospitality.

Being Slow is a remembrance of what it means to be truly human.

The slow rhythms of the Caribbean sea, as well as the soul-soothing spirit and diverse cultural tapestry of Belize quickly wash the stresses of modern life away, usually in a matter of hours, if not minutes.

Step back in time, drop the hustle and bustle, taste with your eyes, laugh with your belly, listen to the songs of the wild, and feel the ancient pulse of mother earth beneath your feet. And do all this while being cared for in ways long-forgotten. Our host site for this experience is taking place at Belize's first-ever Relais & Châteaux resort, a globally recognized collection of extraordinary hotels and restaurants celebrated for their hospitality, cuisine, and atmosphere.

Each day we will depart the island on a small private boat to explore the richness of Belize. We will connect with local artisans, eat foods sourced exclusively from local organic farms, and we will be nourished on all levels by the natural wonders of Belize.

What we have learned is this:

Sometimes you need to slow down
in order to be here.

And that is where we come in.

A Slow History Lesson

By Jared

Enjoying Be Slow Belize to its fullest requires a short history lesson on what we mean by being sloooooow.

Slow Food is a term coined by Carlo Petrini, a man who protested the opening of Italy's first McDonald's location in 1986 by throwing a huge pasta feed for the public at the base of Rome's famous Spanish Steps. This gave rise to Slow Food, the antidote to Fast Food.

Slow Food ideology bubbled and churned as a grassroots movement throughout Italy, and slowly (no pun intended) sent its tentacles out around the world. Today there are Slow Food chapters in many countries, cities, and towns, including entire cities dedicated to the philosophy who have earned the accreditation of "Cita Slow", the Slow City.

Slow Food aims to preserve and protect traditional food cultures, including the plants, people, farmers, and artisans that keep humanity's healing arts alive (farming, cooking, medicine making, etc). I consider myself a lifelong devotee to these values.

The idea of Slow Food can naturally expand into a Slow Lifestyle. Everywhere we look, the conveniences of modern life often come at a hidden cost to both people and planet. Though these industrialized systems have become ubiquitous, we still have the ability to opt out through more mindful engagement with nature. As we restore our connection to the living earth, it becomes easier to make choices, moment by moment, that bring us into a more coherent state of health, in alignment with nature, rather than further disconnected from it.

You know all this, I don't have to tell you. But how easy is it to forget?

The Be Slow experience is an immersion into the Slow Lifestyle, so no matter what pace life you return to, you will be able to take some slow back with you. Slow starts within, and it is accessible everywhere, always. This trip makes it undeniable.

On behalf of my wife Velisa and myself, it is our most sincere pleasure to invite you to join us at Be Slow Belize.

Jared

Founder, Be Here Farm + Nature

A photograph of two men standing in front of a large window. The man on the left has a beard, glasses, and is wearing a black button-down shirt over a black t-shirt and patterned shorts. The man on the right has a beard and is wearing a dark blue polo shirt and khaki pants. A wind chime hangs from the ceiling between them. The background shows lush greenery outside the window.

Be Slow Belize

Your Hosts

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This was the best trip of my life. My partner Chase said the same thing. Jared and his team planned everything down to the last detail. I cannot speak any more highly about them.

— Guest at Be Slow 2024

**Jared Pickard**

Jared Pickard is the founder of Be Here Farm + Nature, a biodynamic farm and experiential wellness brand located between Saint Helena, CA and Wimberley, TX. Be Here produces artisanal self care offerings and LIVE wellness experiences around the world, inspired by the seasons.

Jared is known for curating deeply thoughtful experiences and creating an atmosphere where people feel both grounded and fully at ease. With a rare ability to hold space, he brings people together in a way that allows them to relax, connect, express themselves authentically, and feel genuinely cared for.

**Eben Britton**

Eben is one of the most compelling voices speaking on health and wellness today. Formerly an NFL starting lineman, Eben is now a yogi, teacher, and author who is most well known for his spiritually uplifting and critically acclaimed podcast, The Eben Flow, as well as his potent and precise book by the same name. Eben inspires thousands of people around the World on a daily basis.

Eben is known for the largesse of his heart and character, which shine through as palpably authentic. Time and again, people report that his movement and mindfulness practices are the most easily accessible and impactful they have ever encountered.



Be Slow Belize

Program Highlights

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This was hands down the best trip I have ever taken. Jared is all heart, and he's passionate about making sure that everyone in his space has an amazing time. And he has executed that to a “T”.

— Guest at Be Slow 2024

**Unlimited concierge service prior to your trip.
Work with us to customize or enhance your
experience in any way imaginable.**

Contact via email, text, or phone. We are here for all pre-travel support.

**Group transportation from Philip S. W. Goldson
International Airport, Belize City (BZE) to the
island and back.**

We will leave Belize City (two options for timeslot) and take guests to Placencia, where a small private boat shuttle will take us to the island. Please inquire about flight transports in lieu of group transportation.



Regenerative Luxury Resort

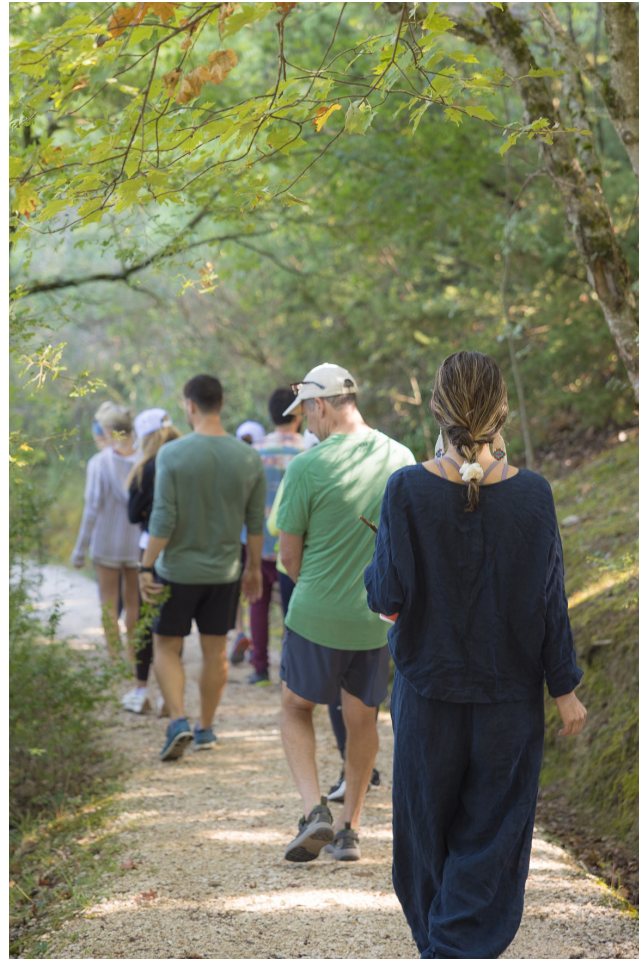
A rare combination of luxury hospitality with regenerative principles. Lacking nowhere for comfort, the property features only organic food and is absent of toxic chemicals in the buildings as well as the landscape.

Breakfast, Lunch, Dinner, Snacks, Desserts

Organic and wild foods, immaculately sourced, from top to bottom. Regionally sourced artisan produce, regenerative proteins and wild seafood.

Taste of Placencia

We will explore the culinary riches of Placencia, a small fishing village which serves as the cultural and social hub of the region. We will meet with artisan, organic producers, including a visit to a local Cacao farm, which holds a sacred place in Belezean culture.



Cockscomb Basin Wildlife Sanctuary

Explore the 150 square mile Cockscomb Basin Wildlife Sanctuary, established as the world's only Jaguar preserve in 1986. We will see abundant wildlife throughout this jaguar habitat, however, seeing a jaguar is exceptionally rare.

Uniquely Stunning Barrier Reef

Dive into a half-day snorkeling adventure through the world's second-largest barrier reef, swimming alongside vibrant marine life in crystal-clear, warm waters.



The Eben Flow

Eben Britton's signature flow of yoga, breathwork, and meditation offered throughout the entire experience.

Nature Connection

Through a simple, seamless flow, experience Jared's passion for nature connection, the most needed and freely available medicine of our time.



World Class Amenity Program

Open access to our pantry of wholesome treats, supplements, electrolytes, enzymes, tinctures, teas, coffees, snacks, and other self-care items for you to luxuriate with.

Superfood Self-care Rituals

Nourishing, detoxifying, moisturizing self-care treatments with Be Here's award winning collection of biodynamic, superfoods for the skin.



Solo and Group Time

An always-optional, gentle rhythm between activities, meals, and free time to unplug and relax, swim, book a private spa treatment, and more.

Nervous System Reset

Even those who arrive simply seeking rest and revitalization are often surprised by the unexpected gifts that emerge through shared experience and genuine human connection. Again and again, people leave deeply moved by the power of the Be Slow experience, as well as the impromptu community that forms within it.

Closing Ceremony

Our closing ceremony comes in the form of a joyous, soul-nourishing feast, October 24, 2026. Guests depart the following morning, October 25, 2026, feeling simultaneously reluctant to leave yet never more ready to return.

A background photograph of a group of people sitting at a long dining table. Several people are holding up wine glasses, and one person in the background is wearing a straw hat. The scene is brightly lit, suggesting an outdoor or semi-outdoor setting. The overall atmosphere is social and celebratory.

Be Slow Belize

Questions and Answers

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Unforgettable.

— Shari, guest at Be Slow 2025

Highly recommend for anyone seeking connection to yourself, others and nature on a most beautiful property bursting with delicious foods and natural beauty.

— Liz, guest at Be Slow 2025

By far the best vacation I have ever been on. This experience was a beautiful mixture of self/spiritual/physical development, all while vacationing with people that feel like family. I could not recommend this more.

— Chase, guest at Be Slow

Event + Lodging Fee

**Oceanfront Suite
with Patio for 1**

\$5,500
per person



**Oceanfront Suite
with Patio for 2**

\$9,000
per traveling pair

Optional Room Upgrades

Limited Availability

+\$1000 Corner Room

with Enhanced Views and Patio
(only 1 onsite)

+\$1500 Corner Room

with Enhanced Views, Patio, and Outdoor Shower
(only 1 onsite)

Optional Extended Immersion Package

Choose one or both

Arrive Early

October 20

**+\$1,000 per solo suite
+\$1,350 per traveling pair**

Stay Longer

October 26

**+\$1,000 per solo suite
+\$1,350 per traveling pair**

Please inquire about 3 and 4 bedroom private homes which may be available for groups, pending availability.

All fees are non-refundable.

How do I reserve a spot?

50% of total fees are due to reserve your spot. Total fees are due no later than August 14th, 2026.

What is included in the fee?

This is an all-inclusive experience from the time you step on the ground in Belize on October 21st until you leave on October 25th. Luxury accommodations at a *Relais & Chateaux* resort, transportation to all planned activities and experiences, all food and beverages, including natural wines each evening for those who enjoy.

What happens on the early arrival day?

Extra time to settle in, relax, slow down, book a spa treatment, connect with Jared, Eben, the property, and other guests. We will enjoy Dinner on the 20th, breakfast and lunch on the 21st, as well as an optional itinerary leading up to our formal opening ceremony on the 21st.

What happens on the stay longer day?

Same thing as above. An extra day to settle, integrate, and ground before returning home. Everybody gets to the last day and wishes they had 1 more. This is your opportunity to claim it.



What amenities does the property have?

Private-island with oceanfront all-suite accommodations, infinity-edge pool, white-sand beaches, open-air dining, full-service spa, outdoor yoga pavillion, fitness center, concierge and housekeeping service, pickleball, kayaks, paddleboards, snorkeling gear, water bikes, and private boat shuttle as needed.

What are the suites like?

Open-concept luxury suites, thoughtfully designed as calming sanctuaries, featuring vaulted ceilings, handcrafted Belizean woodwork, expansive views of the Caribbean Sea and lagoon, private balconies with each suite, and spa-style bathrooms. Wellness touches like non-toxic cleaning supplies, organic linens, and grounding/Earthing mats on every mattress are greatly appreciated.

How many participants will be on the trip?

This is a small, intimate gathering of between 12 and 20 people.

What sort of access will I have to Jared and Eben?

We will be together the entire time, breakfast, lunch, dinner, and everything in between.

**Your itinerary starts and ends in Belize City, how do I get there?**

Getting to and from Belize City is the only aspect of our time together that is left up to you. We will coordinate group transportation from the airport and also provide group transportation back. It will be a 2.5 hour scenic, pretty slow-moving, but beautiful route. Those who prefer to fly on a small domestic airline from Belize City directly to Placencia (very close to our island) may inquire about this option.



Do I need to bring anything?

All guests will receive a complete “personal packing list” once they have been accepted to the event. All items on the list will most likely be in your possession.

Should I bring Belizean Dollars?

If you like, however, the US Dollar is widely accepted, and the local currency is pegged to the US dollar in a stable 2:1 ratio which remains unchanged for decades.

Cancellation, Discount and Refund Policy

Our retreats require extensive advance coordination of housing, meals, facilitators, and other program elements; therefore, flexibility or discounts are not possible. In the event of guest cancellation, refunds will not be granted under any circumstances.

Guests who have paid in full may submit a transfer request to assign their ticket to another attendee, and the transfer must be fully completed within 30 days of the request. All transfers require prior approval following a brief discovery call with the proposed attendee to ensure alignment with the group dynamic. This call must take place within the 30-day window, and we reserve the right to deny the transfer, in which case the guest may propose another attendee; if no replacement is approved, the booking will be forfeited.

After September 20, no changes, transfers, or refunds are possible, and any incomplete or late transfers will result in full forfeiture of the booking. All guests must also complete and return their event waiver and pre-trip intake form prior to September 20; failure to do so will result in forfeiture of the reservation.

How do I sign up?

The method for signing up is to email love@beherefarm.com and express your interest in joining. We will reply shortly to schedule a video call with Jared. The call is a time to get to know one another and to answer any remaining questions.



What if my question is not on this list?

You are inquisitive. Please reach out to us directly at love@beherefarm.com. We can speak over email, phone, text, or zoom.