



### The Copper Beech Tree

*An ancient symbol of wisdom, the Copper Beech has been revered throughout the centuries for its unique beauty. Used by the Romans to craft paper, the Copper Beech became identified with the process of preserving and entrusting revered wisdom to the next generation. Creating a dense shade with its distinctive copper leaves, this majestic tree provides a place of solitude and sanctuary for all who enter beneath its branches. In parts of Europe, it was customary to plant beeches at crossroads, making the Copper Beech a symbol of intersection and decision. Planted in 1951, four Copper Beech trees thrive on our grounds.*



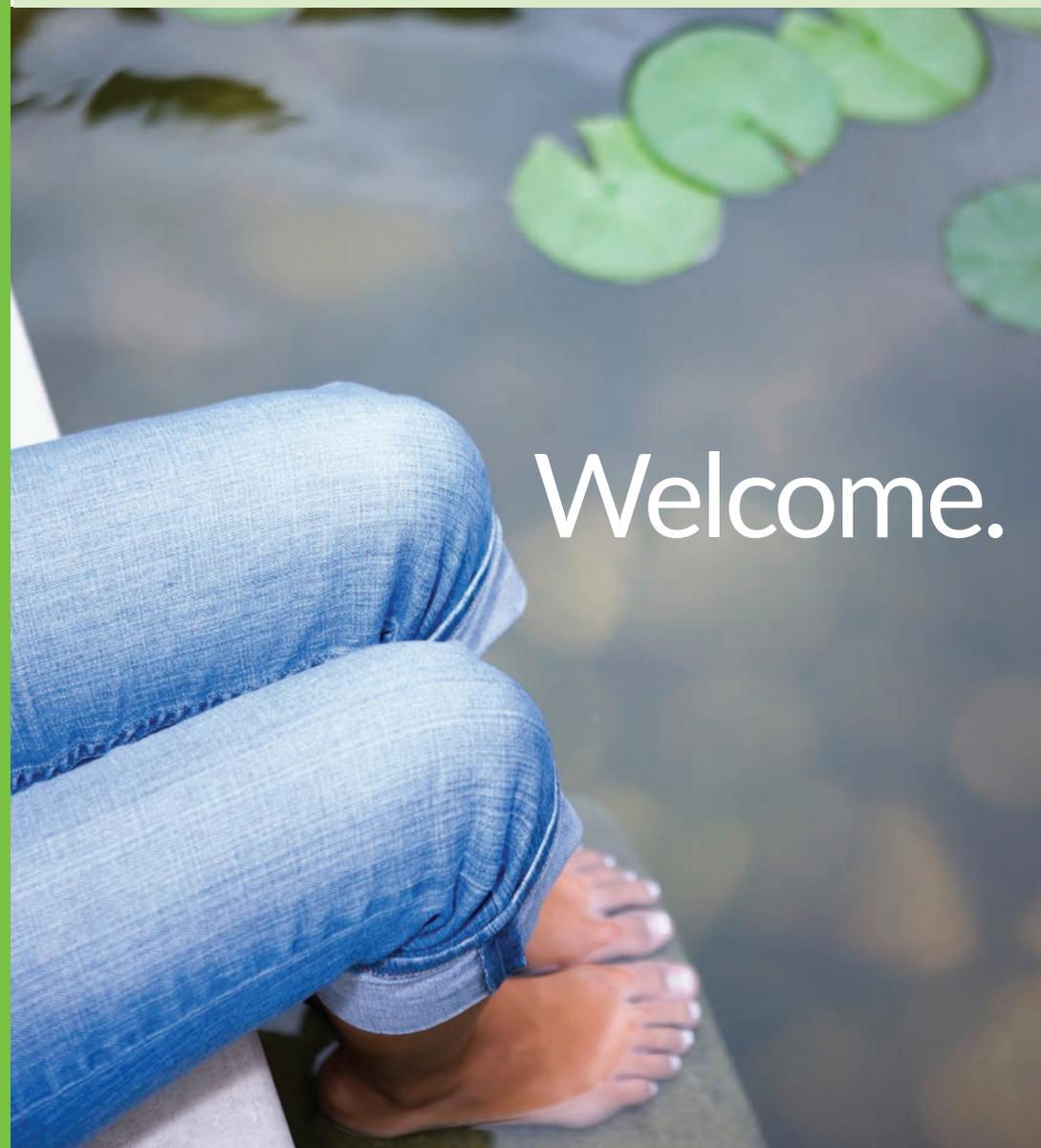
## COPPER BEECH INSTITUTE

303 Tunxis Road  
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## COPPER BEECH INSTITUTE

*Mindfulness Practice. Compassionate Action.*



# Welcome.



## Welcome to Copper Beech Institute

Welcome to New England's newest home and retreat center for meditation and contemplative practice! Retreat is a sacred time to rest, renew and to recommit to the deepest potential that lives within you. We are honored that you have chosen to spend time with us and we celebrate you for giving yourself this gift. Copper Beech Institute envisions a future where mindfulness and contemplative practice are transforming our daily lives, our personal relationships, and every level of society, affecting a healing shift in how we relate to one another and the earth. Whether you're a seasoned practitioner or a newcomer to mindfulness and contemplation, you'll find Copper Beech to be an oasis for your personal growth and transformation – one you can return to for replenishment again and again.

*We hope the information in this brochure helps you settle in with ease. If we can be of any assistance to you in any way during your time here, please do not hesitate to be in touch.*

Dr. Brandon Nappi  
Founder and Executive Director



## Staying in Touch

Once you've returned home, there are many ways to stay connected:

- **Volunteer:** Copper Beech Institute thrives because of the generosity of its volunteers. Opportunities to serve range from event registration and housekeeping to administration, photography and marketing. If you're interested in volunteering, please complete the online volunteer form at [copperbeechinstitute.org](http://copperbeechinstitute.org).
- **Check us out on social media:** Like us on Facebook and follow us on Twitter for news, updates, sharing, inspiration and conversation. We're easy to find; just do a search for Copper Beech Institute.
- **Visit [copperbeechinstitute.org](http://copperbeechinstitute.org):** Our website has the most up-to-date information available about our programs and events. Please visit the site often and come back to see us soon!

*A friend is one who knows the song in your heart and can sing it back to you when you have forgotten the words. ~ Anonymous*





## Our Campus

Copper Beech Institute is an independent, non-sectarian organization in West Hartford, Connecticut, located on the idyllic campus of Holy Family Passionist Monastery and Retreat Center.

For more than 60 years, Holy Family has been a refuge for those seeking quiet, contemplation, and peace. It is one of the largest Catholic retreat centers in the world, and welcomes nearly 20,000 guests annually with a radically inclusive message of compassion, love, and peace. Copper Beech Institute occupies a renovated wing of the facility and operates independently of the Catholic retreat center.

## Options for Your Free Time

If you find yourself with free time on your hands (and even if you don't), here are some things to check out while you're here:

**Healing Arts.** Relax with a full-body massage or reflexology session which are offered on Fridays and Saturdays. The cost for is \$40 for 30 minutes, \$75 for 60 minutes. To book an appointment while you're here, speak with our retreat coordinator or a volunteer.

**The Bookstore and Gallery.** Peruse and shop our wonderful array of gifts and art. Both are open throughout the weekend.

**The Labyrinth.** Experience this ancient and contemplative practice of "circling to the center" that helps quiet the mind, engage the body and restore your sense of wellbeing.

**The Grounds.** Explore our 48 wooded acres of trails, perennial gardens and a working organic farm.

**West Hartford Center.** Visit this vibrant downtown, just a short driving distance from Copper Beech Institute. You'll find a plethora of shops, restaurants, movies and other activities to enjoy.

**West Hartford Reservoir.** Don't miss the nearby reservoir that has miles of hiking trails, including a three-mile paved loop around many bodies of water.





## Everyone is Welcome

At Copper Beech Institute, people of all backgrounds are welcome to rest, renew, and practice in a spirit of safety and respect.

Though independent and distinct from Holy Family Passionist Retreat Center, Copper Beech Institute shares Holy Family's commitment to open-heartedness and the unconditional acceptance of our guests.

In this spirit of warmth and openness, we understand if some of our visitors might wonder about the Christian décor that adorns the campus. The artwork and statuary, collected over Holy Family's six decades of operation, have been carefully chosen to communicate peace, love, and compassion.

Even if the art doesn't reflect your personal religious tradition, we hope that you might find in it inspiration for your journey of growth.

Please feel free to reach out to Copper Beech staff if you have any questions about any artwork or our campus. We look forward to supporting you in any way we can.

## Quiet Spaces

Copper Beech Institute offers several places where you can simply relax, read or meditate. For your outdoor enjoyment, there's a covered terrace just outside the Gallery and a patio outside the main dining room where you're welcome to dine. Quiet interior spaces include:

- **The Anam Cara Room**, located within the former monastery library. You are welcome to browse our collection of spiritual reading. Please do not remove books from the Anam Cara Room.
- **The Solarium**, where you can read, meditate, or look out at one of our Copper Beech trees.
- **Holy Family Chapel**, a quiet place for reflection, meditation, and prayer for over 65 years. People from all traditions are warmly welcomed to enjoy the peace of this space.

*When you do things from your soul,  
you feel a river moving in you, a joy. ~ Rumi*





## After Your Retreat

### Program Evaluation

We value any feedback you may have to share about your program and your experience with us. You'll receive a program survey form at the conclusion of your stay with us. You may also visit [copperbeechinstitute.org/program-survey](http://copperbeechinstitute.org/program-survey) to complete the survey online at any time.

We read each and every survey form and take your input seriously. It helps shape the quality and content of our programs. Thank you in advance for sharing your thoughts.

### Community Resources

Community support can help keep your meditation and contemplative practice alive. Copper Beech Institute offers two regular opportunities for ongoing meditation practice:

- Our Candlelight Meditation group meets every Wednesday evening from 7:00–8:30 p.m. with beginner instruction beginning at 6:15 p.m.
- Our Breath-by-Breath Meditation meets twice monthly from Noon–1:00 p.m. with beginner instruction beginning at 11:15 p.m.

Both groups meet in the public chapel on the Copper Beech campus. If you live in or are visiting the area, we hope you'll join us. Please check [copperbeechinstitute.org/meditation-schedule](http://copperbeechinstitute.org/meditation-schedule) for the most up-to-date schedule.

## Arriving & Settling In

### Your Room

If you're staying on campus, we hope you find your room comfortable and accommodating. If you need anything – such as extra towels, pillows or blankets, please contact a staff member or volunteer. If you have forgotten anything, the bookstore may have what you need.

Depending on your room location, different temperature control options are available to you.

- **Cooling:** All rooms have windows that you're welcome to open, but please be mindful of the weather and lower them when you're not in the room and at the end of your stay. If you are staying on the monastery third floor (M3000-M3030), your room is also equipped with an air conditioner for the summer months.
- **Heating:** If you are staying in the monastery or retreat house (rooms numbers beginning with M or R), turn on the heat by turning the valve on the side of the radiator toward you. For less heat, turn the valve away from you. In the monastery third floor, you can also activate the heat using the remote control on the wall. If you are staying in the center building, the heat is controlled by a centralized thermostat that cannot be changed.





## Arriving & Settling In

### Your Schedule

When you check in, you'll receive a schedule that outlines the timeline for each day, including program sessions, meals and community events such as yoga and meditation. You're free to join in as many (or as few) of these events as you wish.

A typical weekend retreat begins with an all-levels yoga class at 5 p.m., dinner at 6 p.m., and orientation at 7 p.m. Weekend retreats with guest faculty typically begin on Friday night at 7:30 p.m. and conclude on Sunday after lunch. Because each weekend schedule varies slightly, refer to the schedule you received at registration. Room checkout is 1:00 p.m. on the closing day of your program.

### Meals

Meals at Copper Beech are primarily vegetarian with animal protein as side accents. Whenever possible, we use organic produce from local farms. If you have special dietary needs, please speak with a staff member unless you made arrangements with our program office in advance. If you did not provide notice before coming on retreat, a staff member would be happy to check into the possibility of adapting meals to your needs.

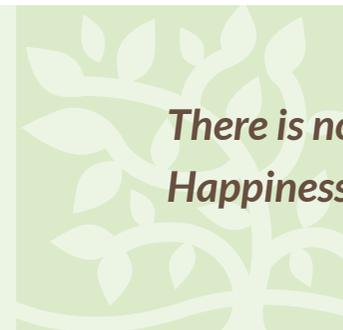
## Orienting Yourself

### Cell Phone Etiquette

Many guests choose to "unplug" during their time at Copper Beech. During your stay, we seek to create tranquil and restful space for our guests. In this spirit, we ask that cell phones not be used for talking or texting in public spaces such as the dining room or the program rooms. You may use your cell phone outside and in your car or bedroom.

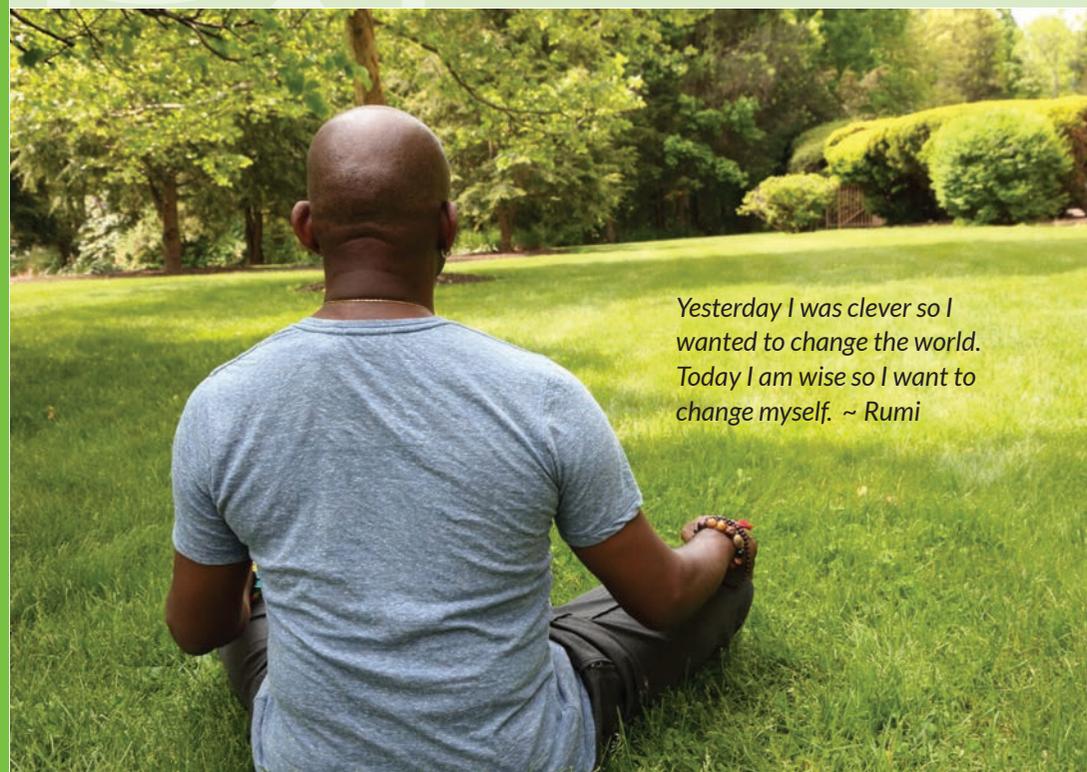
### First Aid and Emergencies

A first aid kit is available. If you require one, please contact a staff member listed next to the hallway phone. If a medical emergency arises while you are on retreat, please use one of the hallway phones to reach emergency personnel by first dialing 9 to reach an outside line, then dial 911.



*There is no way to happiness.*

*Happiness is the way. ~ Thich Nhat Hanh*



*Yesterday I was clever so I  
wanted to change the world.  
Today I am wise so I want to  
change myself. ~ Rumi*



## Mindfulness Support

### Mindfulness-Based Stress Reduction Course

Copper Beech Institute is pleased to offer the eight-week course in Mindfulness-Based Stress Reduction (MBSR) several times annually. Our experienced instructors have had extensive training in mindfulness through the University of Massachusetts Medical School's Center for Mindfulness where MBSR originated almost 40 years ago. Since then, more than 20,000 people have completed the course and learned how to use their innate resources and abilities to respond more effectively to stress, pain, and illness. The central focus of the course is intensive training in mindfulness meditation and its integration into the challenges and adventures of everyday life.

To explore our MBSR programs and dates, visit:

<http://copperbeechinstitute.org/mbsr.Blog>

## Staff



### Dr. Brandon Nappi

Brandon is the founder and executive director at the Copper Beech Institute and the associate director at Holy Family Passionist Retreat Center.



### Hannah Skehan

Hannah is the program administrator at Copper Beech Institute.



### Kristiana Sullivan

Kristi is the on-site, weekend retreat coordinator at Copper Beech Institute.



We invite you to follow our new mindfulness blog, **Awaken Everyday**, for everyday wisdom on living a life of calm, compassion and true happiness.

Visit the blog at:

<http://awakeneveryday.org>.



# Local Highlights

## West Hartford Center

Take a right out of the parking lot onto Tunxis Road. In 1.5 miles, take a slight right onto Sedgwick Road. Follow to the traffic light, then turn left onto South Main Street, which will take you into West Hartford Center.

## West Hartford Reservoir

Turn right out of the parking lot onto Tunxis Road, and then take third left onto Brookmoor Road. Follow to the stop sign at top of the hill, and turn left onto Buena Vista Road. Follow to end, and then take left onto Farmington Avenue. The reservoir entrance will be on your right.

# Nearby Services

## Pharmacies

- **CVS Pharmacy** - located at 1099 New Britain Avenue, West Hartford (open 24 hours).
- **Walgreens** - located at 940 Quaker Lane South, West Hartford (across from CVS).

### Directions:

- For both, turn right out of the parking lot onto Tunxis Road.
- Turn right onto Woodruff Road and follow to end.
- Turn left onto South Road, and then left onto New Britain Avenue.
- Follow road for 1.7 miles (you'll be in the Elmwood neighborhood of West Hartford). CVS is on the right, and Walgreens is on the left.

## Cab Companies

Copper Beech Institute is not affiliated with any cab companies, but here are some local numbers.

- **The Yellow Cab Company:** (860) 666-6666
- **Arrow Cab, Inc.:** (860) 558-4825
- **AAA Cab & Livery LLC:** (860) 231-8888

We recommend that you schedule a pick up ahead of time to ensure punctual service.

# Copper Beech Values



## Awareness Practice

*The innate capacity to be aware is at the heart of our practice. This capacity to be with what is happening moment by moment non-judgmentally is healing and transformative. We welcome a range of practices, from formal to informal, as a way of cultivating loving awareness within ourselves and within the world. Trusting that growth requires intention, effort and steadfast dedication, we invite a daily contemplative practice to support our growth in wisdom, awareness, authenticity.*

## Self-Exploration

*Walking the path of wisdom requires courageous and ongoing self-inquiry. Studying our patterns and habits, we work to see our intentions and actions clearly. As we seek to live with authenticity and integrity, we trust that there is no end to our learning and growth. We therefore invite playful curiosity and wonder in everything we do.*

## Openheartedness

*The range of human experience is limitless. We warmly welcome people of all backgrounds who seek wisdom and skillful ways of moving through life with deeper equanimity and compassion. We draw upon a diversity of ancient and modern wisdom traditions as a resource for healing, growth and transformation.*

## Interdependence

*There is a mutual dependence between all things. While there is distinction among things, there is no separation. Beings flourish when they are in harmonious relationship with others and their surroundings. In our practice, we awaken to recognize this oneness and embody this interconnection.*

## Community

*Human flourishing and growth depends upon reciprocal relationships based upon authenticity, presence, understanding and the compassionate honoring of differences. We seek forgiveness when we have caused harm and offer forgiveness when others have harmed us. Because we thrive by being in caring and truthful relationship to one another, we seek to truly encounter one another with the fullness of our presence.*

## Compassionate Action

*There is tremendous suffering in the world. Supported by our practice, we cultivate compassion first toward ourselves so that we may radiate loving-kindness and compassion toward all beings. In a spirit of service and generosity, we seek to relieve the suffering of all beings.*





HOLY FAMILY  
PASSIONIST  
RETREAT CENTER



COPPER BEECH  
INSTITUTE



THE GOLDEN  
THREAD GALLERY



SPIRITUAL LIFE  
CENTER

## LEGEND

### Entrances

1. Passionist Community (Private)
2. Elevator
3. Dining Room
4. Holy Family Passionist Retreat Center
5. Copper Beech Institute/The Golden Thread Gallery/Spiritual Life Center/ Elevator
6. Private Entrance
7. Public Chapel
8. The Golden Thread Gallery Terrace

### Places of Peace

- |                                  |                          |
|----------------------------------|--------------------------|
| A. Mary's Garden                 | E. Stations of the Cross |
| B. Dining Room Patio and Firepit | F. Labyrinth             |
| C. Grotto                        | G. Michaela's Garden     |
| D. Cemetery                      | H. Fish Pond             |
|                                  | I. Playing Field         |

 Walking Trail

