



COPPER BEECH INSTITUTE

Mindfulness Practice. Compassionate Action.

Sample 1-Night Retreat Schedule

*Please note that this is a *sample 1-night retreat schedule*.

Details and times may be subject to change depending on facilitator preferences.

Final schedules are provided the Monday before a 1-night retreat.*

Friday

4:30 – 5:30 pm	Arrival & Registration – Entrance 5 (Level G)
5:30 – 6:00 pm	Optional Building Tour
6:00 – 7:00 pm	Dinner
7:15 – 7:30 pm	Orientation and Welcome
7:30 – 9:15 pm	Session I

Saturday

7:00 – 8:15 am	Session II
8:30 – 9:15 am	Breakfast
9:30 am – 12:15 pm	Session III
12:30 – 1:15 pm	Lunch
1:30 – 4:00 pm	Session IV
4:00 – 4:45 pm	Optional Guided Practice & Community Tea
5:00 – 6:00 pm	Closing Session & Optional Group Photo