



COPPER BEECH INSTITUTE

Mindfulness Practice. Compassionate Action.

Sample Retreat Schedule

Friday

3:00 – 7:00pm	Arrival
5:00 - 6:00pm	All Levels Yoga Practice
6:00 – 7:00pm	Dinner
7:00 – 7:20pm	Orientation
7:30 – 9:00pm	Session I

Saturday

7:00 – 7:30am	Beginners' Meditation Instruction
7:30 – 8:00am	Morning Meditation
8:20 – 9:20am	Breakfast
9:30 – 12:30	Session II
12:30 – 1:30pm	Lunch
2:00 – 3:30pm	Session III
4:00– 5:30pm	Yoga, Meditation, and Tea
6:00 – 7:00pm	Dinner

Sunday

7:15 – 8:15am	Yoga
8:20 – 9:20am	Breakfast
9:30 – 11:30am	Session IV
12:00 – 1:00pm	Lunch
1:00pm	Checkout and Departure