



COPPER BEECH INSTITUTE

Mindfulness Practice. Compassionate Action.

WEEKEND SAMPLE RETREAT SCHEDULE

Friday

4:30pm	Arrival & Registration – Entrance 5
5:00 – 6:00pm	*Mindful Movement & Relaxation – Public Chapel (Level B)
6:00pm	Dinner – Retreat Dining Room
7:15 – 7:30pm	Orientation and Welcome – Public Chapel
7:30 – 9:00pm	Session I – Public Chapel

Saturday

7:15 – 8:15am	*Morning Meditation – Public Chapel
8:20am	Breakfast – Retreat Dining Room
9:30 – 12:30	Session II – Public Chapel
12:30pm	Lunch – Retreat Dining Room
2:00 – 4:00pm	Session III – Public Chapel
4:00 – 5:15pm	*Mindful Movement and Relaxation – Public Chapel
5:15 – 6:00pm	*Community Tea – Art Gallery
6:00pm	Dinner – Retreat Dining Room

Sunday

7:15 – 8:15am	Personal Practice Time – Public Chapel
8:20am	Breakfast – Retreat Dining Room
9:30 – 11:30am	Session IV – Public Chapel
12:00pm	Lunch – Retreat Dining Room
1:00pm	Checkout and Departure

Please arrive to meals on time

*Led by Copper Beech Staff

