



COPPER BEECH INSTITUTE

Mindfulness Practice. Compassionate Action.

Sample Weekend Retreat Schedule

*Please note that this is a *sample* weekend retreat schedule.

Details and times may be subject to change depending on facilitator preferences and staff availability. Final schedules are provided the Monday before a weekend retreat.*

Friday – Date

4:30 – 5:30pm	Arrival & Registration
5:30 – 6:00pm	Optional Building Tour
6:00pm	Dinner
7:15 – 7:30pm	Orientation & Welcome
7:30 – 9:15pm	Session I

Saturday – Date

7:00 – 8:00am	Optional Meditation, Movement, or Forest Bathing
8:30am	Breakfast
9:30am – 12:25pm	Session II
12:30pm	Lunch & Rest
2:00 – 4:00pm	Session III
4:15 – 5:15pm	Optional Mindful Movement
5:15 – 5:45pm	Optional Mindful Practice & Community Tea
6:00pm	Dinner
7:15 – 9:00pm	Session IV

Sunday – Date

7:00 – 8:00am	Optional Meditation, Movement, or Forest Bathing
8:30am	Breakfast
9:30 – 11:55am	Session V, Closure, & Optional Group Photo
12:00pm	Lunch
1:00pm	Checkout & Departure