

# DAY-LONG MINDFULNESS AND MEDITATION RETREAT



## A FULL DAY TO PAUSE, RESET, AND DEEPEN YOUR MINDFULNESS PRACTICE

Step out of the pace of daily life and into a spacious, supportive environment designed to cultivate presence, compassion, and embodied awareness. This immersive day-long retreat blends guided mindfulness practices, gentle movement, silence, and reflective inquiry to support clarity, calm, and inner resilience.

**Led by Lisa Cooper**, founder of Harmonious Healing, trained through the Radical Compassion Institute founded by Jack Kornfield & Tara Brach

### WHAT YOU'LL EXPERIENCE

- ✓ Guided mindfulness meditation
- ✓ Walking, standing, and silent meditation practices
- ✓ Mindful movement for embodiment and grounding
- ✓ Chakra-based, lightly guided meditation
- ✓ Mindful eating during the lunch break
- ✓ Inquiry, reflection, and Q&A

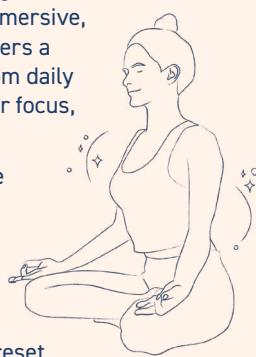
### IN PERSON OR VIRTUAL

This retreat may be offered in person or virtually, depending on the needs of the group. *In-person participation is strongly recommended for the most immersive and impactful experience.*

### BRING MINDFULNESS TO YOUR WORKPLACE OR GATHERING

Ideal for corporate wellness programs, executive teams, or private events, this immersive, day-long mindfulness retreat offers a meaningful way to step away from daily demands and return with greater focus, clarity, and inner steadiness.

The session is fully customizable and can be adapted for different groups, themes, or intentions. While in-person delivery offers the most immersive experience, virtual options are available and can still deliver a powerful reset.



### SAMPLE DAY FLOW

#### MORNING

10:00 - 11:00	Introduction to class and opening talk
11:00 - 11:30	Guided Meditation Practice
11:30 - 12:00	Walking Meditation and Practice
12:00 - 12:15	Break
12:15 - 12:45	Introduction to Silent Meditation and practice
12:45 - 1:15	Standing Meditation
1:15 - 1:30	Q & A

#### LUNCH

1:30 - 2:30	LUNCH BREAK - Mindful Eating
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#### AFTERNOON

2:30 - 2:45	Mindful Movement for Inviting Joy in the Body
2:45 - 3:00	Drum Guided Meditation with Silence
3:00 - 3:15	Break
3:15 - 3:45	Mindful Movement Meditation for Resourcing the Body
3:45 - 4:15	Chakra Lightly Guided Meditation with Silence
4:15 - 4:45	Closing Talk
4:45 - 5:00	Q & A

Schedule may adjust slightly to best support the group.

[SCHEDULE A DISCOVERY CALL TO LEARN MORE](#)