

Embodying the Heart of Compassion: An Intensive Mindfulness Retreat

Copper Beech Institute,
West Hartford, Connecticut, USA



October 2-9, 2026, Friday-Friday

with

Bill Morgan, Psy.D.

Susan Morgan, MSN, RN, CS

Chris Germer, PhD

To register, please click [HERE](#).

The point of mindfulness meditation is not simply to train the mind, but to *engage the heart in all its heart tones—lovingkindness, compassion, joy, and equanimity.*

In this 7-day retreat we will explore the heart quality of compassion. Compassion is often described as a quality of heart that “*quivers*” in the face of suffering. Yet it is perhaps more accurate to say that it is a *whole-body attitude of heart-mind* that opens to pain or disturbance and intentionally ministers to the suffering that is present.

Our beloved colleague, friend and, as it happens, internationally known Mindful Self Compassion teacher, Chris Germer, will be joining us! Together our teaching styles lay the foundational groundwork necessary for mindfulness practice to grow, flourish and

support ease of wellbeing. We will offer ways of bringing compassion forward to deepen and stabilize this essential quality of heart and offer it toward ourselves, others, and the world.

This course provides a safe, nurturing container in which to explore these practices. There will be daily mindfulness meditation instruction and several hours of structured practice each day. Dharma talks and teachings will be woven throughout, in combination with dyadic or small group discussion and exercises. The rest of the time we will observe silence, including during meals, to facilitate a deeper contemplative experience.

This is a rare opportunity to immerse yourself in a lovely spiritual environment and work closely with leaders in the growing field of mindfulness meditation and compassion. Every effort will be made by the teachers to give each participant a delightful, meaningful retreat experience.

Please join us!

With love, Bill & Susan

Registration & Cost

This is a lottery retreat, limited to 50 retreatants. If you're interested in attending this retreat please, **sign this [REGISTRATION FORM](#) by April 1st.**

Please do not send a deposit at this time. You will be notified during the first week of April, when you can make a **\$400 deposit by April 15th** to reserve your spot. The balance of \$470 is due by August 1st.

The Tradition of Dana: Mindfulness and related teachings have traditionally been sustained by the 2,600 year-old tradition of *dana*, which literally means "generosity." We follow this tradition by inviting participants to offer donations to the retreat leaders, who receive only reimbursement for travel expenses.

About the Teachers

Bill Morgan, PsyD is a clinical psychologist in private practice in Cambridge, MA, specializing in meditation consultation and guidance. He is the author of [*The Meditator's Dilemma: An Innovative Approach to Overcoming Obstacles and*](#)

[Revitalizing Your Practice](#). He is an Advisory Board and faculty member of the Institute for Meditation and Psychotherapy. Bill has participated in many intensive meditation retreats in the past 50 years. For 25 years, together with his partner Susan, they lead mindfulness retreats for psychotherapists and caregivers, and more recently lead the [Daily Sit](#) and Online Householder Retreats for the general public. Making practice meaningful and enjoyable are core to his teachings. For more information: [billandsusan.org](#), [The Institute for Meditation and Psychotherapy](#)

Susan Morgan, CNS is a psychotherapist in Cambridge, MA, specializing in meditation consultation. She is a contributing author to *Mindfulness and Psychotherapy*. She has a longstanding meditation practice, which includes a four-year meditation retreat at the Forest Refuge, along with yearly three months of retreat. For 25 years she has been leading retreats for caregivers. Since the pandemic, she and her partner Bill continue to lead the [Daily Sit](#), an online practice group offering short Dharma Talks, guided meditations and community connection tailored to the householder life. She identifies as a lay monastic, and sees her life and practice as a bridge between the contemplative and secular paths. Integrating mindfulness into daily life is core to her teaching along with lovingkindness and mindfulness of the body. For more information: [billandsusan.org](#), [The Institute for Meditation and Psychotherapy](#)

Chris Germer, PhD is a clinical psychologist and lecturer on psychiatry (part-time) at Harvard Medical School. He co-developed the *Mindful Self-Compassion (MSC)* program with Kristin Neff in 2010 and they wrote three books: *The Mindful Self-Compassion Workbook*, *Mindful Self-Compassion for Burnout*, and *Teaching the Mindful Self-Compassion Program*. MSC is currently taught in 30 languages around the world. Chris is also the author of *The Mindful Path to Self-Compassion* and the forthcoming (Oct 2026) *Self-Compassion for Shame*, and he co-edited two influential volumes on therapy: *Mindfulness and Psychotherapy*, and *Wisdom and Compassion in Psychotherapy*. Chris lectures and leads workshops internationally and he has a small psychotherapy practice in Cambridge, Massachusetts. [chrisgermer.com](#) [Center for Mindful Self-Compassion](#)