



Graduate Program Intensive with Helen Hamilton

12.00 - 12.30 Qi-Gong with Ian McArthur

Comfort Break

12.40 - 13.20 Talk by Helen

Comfort Break

13.30 - 14.00 Guided Meditation including Silent Sitting

Comfort Break & Open Zoom Session for GP members to socialise

15.00 - 16.00 Embodying Lessons 1 and 2 (including guided live examples)

Comfort Break

16.20 to 17.20 Embodying Lessons 3 and 4 (including guided live examples)

Comfort Break & Open Zoom Session for GP members to socialise

17.40 - 18.40 Statement Process and Conscious Imagining

Comfort Break

19.00 - 20.00 Satsang and Talk

Website address www.helenhamilton.org

Facebook page www.facebook.com/satsangwithhelenhamilton/

www.facebook.com/groups/259500321336019/