



**All times are in the UK**

**Friday Schedule** 20 August 2021

**Friday**

8.00pm            Please be online ready to start the session at  
8.10pm

8.10 - 9pm        Opening Talk from Helen

# **SATSANG with Helen Hamilton**

## **Saturday – Tuesday Schedule 21-24 August 2021**

7-7.40am	Qi Gong
8-8.40am	Silent Sitting
10-10.40am	Talk from Helen
11-11.40am	Silent Sitting
12-12.40pm	Guided Meditation
2.00 - 3.00pm	Satsang
3.30 - 4.10pm	Contemplation/Reflection
4.30 - 5.10pm	Silent Sitting
7.00 - 7.40pm	Qigong
8.00 - 8.30pm	Silent Sitting

# **SATSANG with Helen Hamilton**

## **Wednesday Schedule 25<sup>th</sup> August 2021**

7.00 - 7.40am      Qi Gong

8.00 - 8.40am      Silent Sitting

10.00 -10.40am      Guided Meditation

11.00 -12.00noon      Satsang and closing talk

End of Retreat