



Retreat Schedule (Online)

Start Day Friday June 3rd

7.00-7.40 Welcome talk with Helen

8.00-8.30 **Silent Sitting**

Full days Saturday – Tuesday June 4th-7th

7.00-07.40 Qigong

2.00-3.00 Satsang

8.00-08.40 Silent sitting

3.30-4.10 Contemplation/reflection

10.00-10.40 Talk

4.30-5.10 Silent Sitting

11.00-11.40 Silent Sitting

7.00-7.40 Qigong

12.00-12.30 Guided Meditation

8.00-8.30 Silent Sitting

Last day Wednesday June 8th

07.00-7.40 Qigong

10.00-10.40 Guided Meditation

8.00-08.40 Silent sitting

11.00-12.00 Satsang and closing talk

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<https://www.facebook.com/satsangwithhelenhamilton/>
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