



Schedule for the Satsang Intensive with Helen Hamilton

13.00-13.40pm Introductory Qi – Gong Session with Ian McArthur.

Comfort Break

14.00-14.30pm Introduction and talk by Helen –

Comfort Break

14.40-15.10pm Guided Meditation –

Comfort Break

15.20-16.20pm Satsang

Comfort Break

16.40-17.10pm Talk by Helen

Comfort Break

17.20-17.50pm Guided Self Inquiry

Comfort Break

18.00 – 19.00pm Satsang and Talk