

## **SATSANG PROGRAMME**

Each day there will be a spiritual discourse beginning at 9:30am, followed by a Question & Answer session. All are invited to attend except those residing in India and Nepal. Everyone is requested to be seated by 9:00am at the latest.

There will be only chair seating in the Satsang Hall. Those who wish to be seated together should arrive together. Reserving or holding seats for others will not be permitted.

After the discourse, there will be a Question & Answer session. The Q&A process has changed to a token selection system. If you plan to ask a question (and are 18 years of age or older) you must go to the Malaga Hall no later than 8:00am. There you will have an opportunity to draw a token to ask a question on that day. Questions can only be asked either in English, Hindi or Punjabi. Anyone wishing to ask questions in Spanish or any other EU language should have their question translated into English before drawing out a token. If you get the opportunity to ask a question, please do not present yourself again for the other days. Only one question should be asked. Questions should be short, precise and related to spiritual matters only. Reading of long passages from books, letters or questions written by others takes away the opportunity for personal communication and should be avoided.

## **SIMULTANEOUS TRANSLATION – HEARING IMPAIRED**

All the Satsangs and Q&A Sessions will be simultaneously translated into Bulgarian, Czech, Dutch, English, French, German, Greek and Spanish. A designated seating area with headphones in the Satsang Hall has been arranged for this purpose. This area is also equipped with a Hearing Impaired facility (original audio amplified for hard of hearing; **no** T-switch system). Hearing aids will have to be switched off before using the headphones. Please note that there are limited seats in this area. If you wish to avail of any of the above facilities, please contact your coordinator / secretary before the 31<sup>st</sup> of July 2018.

## **NOTE TAKING**

It is Master's wish that we take full advantage of his presence and not spend time and attention taking notes. Therefore, you are kindly requested to refrain from taking notes during the Satsang and Question & Answer session.

## **FAMILY AREA (THOSE ATTENDING WITH CHILDREN)**

Children 10 years of age and older are permitted to attend Satsang. Children under the age of 10 must go to the Family Area accompanied by one parent or family guardian who is at least 16 years old. The Family Area will open from 6:30am until the end of the Satsang Programme. Parents or guardians may network among themselves to help care for each other's children, but these arrangements should be made either in advance or made outside the Family Area before entering. Once a parent or guardian has entered the Family Area, he or she will not be allowed to leave the Family Area until after the Satsang Programme is over. Parents or guardians will be required to remain with their children the entire time.

## **FIRST AID**

Only minor medical problems arising on the day and urgent medical situations will be dealt with by the First Aid service. All other cases will be referred to local clinics or hospitals. Visitors are advised to travel with proper medical insurance, required medications, and are expected to take care of their own medical needs.

## **SPECIAL NEEDS FACILITIES (WHEELCHAIR USERS)**

Special arrangements will only be made for wheelchair users. They must bring their own wheelchair and should be accompanied by an able-bodied helper. There will be a designated area for all wheelchair users inside the Satsang Hall. Simultaneous translation or hearing impaired service will also be provided for wheelchair users. To secure a space in this area please contact your coordinator / secretary before the 31<sup>st</sup> of July 2018.

## **WEATHER & ATTIRE**

Please dress appropriately for satsang. The average temperature in Malaga in September is 18/27°C (64/80°F). You may need a sweater, jacket or shawl in the early mornings or inside the Satsang Hall as it is air-conditioned. Please be considerate of others with health issues (allergies, asthma, etc.) and avoid wearing any perfumes, essential oils, or other strong scents.

**SMOKING IS STRICTLY PROHIBITED and NO PETS ARE ALLOWED ON THE PREMISES.**

## **RESTRICTED ITEMS**

Mobile phones, electronic games, cameras, binoculars, ipads, laptops, tablets, MP3 players, smartwatches, fitness bands, audio & video recorders or any other electronic items **MUST NOT** be brought into the premises. Tobacco including e-cigarettes and lighters are also not allowed anywhere on the property. Anyone with these items must leave them in their vehicles if not they will have to deposit them at the Lost & Found counters in the parking areas. Items deposited can only be collected upon departure. Large bags, food or drinks will not be permitted inside the Satsang Hall, only a small handbag will be allowed in. For security purposes you will be scanned before entering the Satsang Centre.

**Photography and audio/video recording using any electronic device including mobile phones is not permitted anywhere on the property.**

## **TEA (ONLY SERVED BEFORE SATSANG FROM 6:00am TO 8:00am)**

Tea and biscuits will be served in the pre-packed lunch area in the basement of the main building on all 3 days of the Satsang Programme. The cost per item will be 20 cents to be paid on the spot (no tickets will be sold in advance). We request all those going to the Family Area and wishing to have tea, to please have it before entering the Family Area, as once in the Family Area, they will not be allowed to leave until after the Satsang Programme is over. Tea will not be served in the Family Area.

## **PRE-PACKED LUNCH**

A pre-packed meal consisting of a wrap, cereal bar, apple and juice will be available after the Satsang Programme at a cost of 2,80€. Pre-packed meals may be picked up immediately after the Satsang Programme in the basement area of the main building. Coupons will be sold in advance at your local centre until the 31<sup>st</sup> of July 2018, so please contact your coordinator / secretary to purchase them. Although coupons for the day will also be available for sale during the event at designated counters, please note that these will be **very limited** in number, hence the sangat is advised to purchase their coupons in advance at their local centres if they do not wish to remain without a meal.

## **BOOKSTALL**

Books, CDs, DVDs, photos, audio and videotapes on Sant Mat will be available in different languages. The bookstall will open immediately after the Satsang Programme until 1:30pm.

## **TRAVELLING BY CAR**

There are four car parks available on the premises (Parking areas A, B, C & D). The sangat is requested to follow the sevadars' instructions for parking. Kindly remember in which area your car has been parked. Sangat arriving by car with children are requested to park in Parking C as it is the closest to the Family Area. Please check that car lights and alarms are turned off. Do not leave children unattended in cars, even for a short time. There will be pick-up points in each parking area where sevadars with cars will drive the elderly and those with mobility problems to the main entrance. Kindly note that once the Satsang Programme is over no entry of cars will be permitted into Parking areas A, C or D.

## **SHUTTLE BUS SERVICE**

There is no public transport to the Satsang Centre. For those travelling on their own, a shuttle bus service with 4 pick-up points from Torremolinos to the Satsang Centre will be available at a cost of 5€ for a return journey each day. Those wishing to purchase bus tickets, contact your coordinator / secretary before the 31<sup>st</sup> of July 2018.

### **Schedule**

- Torremolinos Centre at the entrance of **Hotel Cervantes** (Calle Las Mercedes s/n) at 6:00am, 6:30am, 7:00am and 7:30am.
- Torremolinos Playamar at the entrance of **Hotel Melia Costa del Sol** at 6:30am and 7:00am.
- Torremolinos Playamar at the beach front of **Hotel Marconfort Beach Club** at 7:00am
- Torremolinos Playamar at the main entrance of **Hotel Sol Principe** at 7:00am.

The **return journey** from the Satsang Centre will be only to the Centre of Torremolinos (next to Hotel Flamingo). Once the Satsang and Question & Answer Session are over, buses will depart as they get filled up.

