

## **SATSANG PROGRAMME**

Each day there will be a spiritual discourse beginning at 10:00am, followed by a Question & Answer (Q&A) session. All countries are invited to attend except India and Nepal. Everyone is requested to be seated by 9:30am at the latest. Children 10 years of age and older are permitted to attend Satsang (children aged 10-12 must be accompanied by an adult). 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.

**Although wearing face masks is no longer mandatory, for your own safety it is strongly recommended that you wear a face mask inside the Satsang Hall.**

After the discourse, there will be a Q&A session. The Q&A process will be done through 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 8:30am. 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. Only one question should be asked. Questions should be short, precise and related to spiritual matters only. Long notes, poems or letters should not be read. If you get the opportunity to ask a question, do not present yourself again for the next day.

## **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 28<sup>th</sup> of February 2023.

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

Children under the age of 10 must go to the Family Area. Children aged 10 to 12 may use the Family Area or attend Satsang. Children above 12 years must go to Satsang. All children in the Family Area must be accompanied by one parent or family guardian who is at least 18 years old. The Family Area will open from 7:00am until the end of the Satsang Programme. Parents/guardians may network among themselves to help care for each other's children, but these arrangements should be made 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.

## **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.

## **FIRST AID**

Only minor medical problems arising on the day and urgent medical situations will be dealt with by the First Aid facility. 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 28<sup>th</sup> of February 2023.

## **WEATHER & ATTIRE**

Please dress appropriately for satsang. The average temperature in Malaga in April is 11/21 °C (52/70 °F). You may need a jacket or shawl in the early mornings or inside the Satsang Hall as it is air-conditioned. Please be considerate of others and avoid wearing any perfumes, essential oils, or other strong scents.

## **RESTRICTED ITEMS**

Mobile phones, electronic games, cameras, binoculars, iPads, laptops, tablets, MP3 players, smartwatches, fitness bands, or any other audio & video recording devices **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.

**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 6:30am TO 8:30am)**

Tea will be served in the packed lunch area in the basement of the main building. The cost will be 0.30 € to be paid on the spot in cash (no coupons 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 there, they will not be allowed to leave until after the Satsang Programme is over. Tea will not be served in the Family Area.

## **PACKED LUNCH**

A packed meal consisting of a wrap, cereal bar, apple and juice will be available after the Satsang Programme in the basement area of the main building at a cost of 3.50 €. For this event no coupons will be sold in advance at your local centre. All meals will be sold on the spot with payment in cash. To avoid delays in the queue please bring the exact change.

## **TRAVELLING BY CAR**

There are three car parks available on the premises (**Parking areas A, B & 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 D 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 reduced mobility to the main entrance, where sevadars with wheelchairs will assist them to enter the Satsang Hall. Once the Satsang Programme is over **no entry** of cars will be permitted into Parking areas A or D (cars will only be allowed into Parking B).

## **CAR DROP OFF/PICK UP**

Those being dropped off or picked up by private cars including Uber, Cabify and others should duly inform the driver to proceed to Parking B. Elderly or those with reduced mobility may be dropped off or picked up from the pick-up point in Parking B where sevadars with cars will assist them to go to and from the main building.

## **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 6.00 € for a return journey each day. Those wishing to purchase bus tickets, contact your coordinator / secretary before the 28<sup>th</sup> of February 2023.

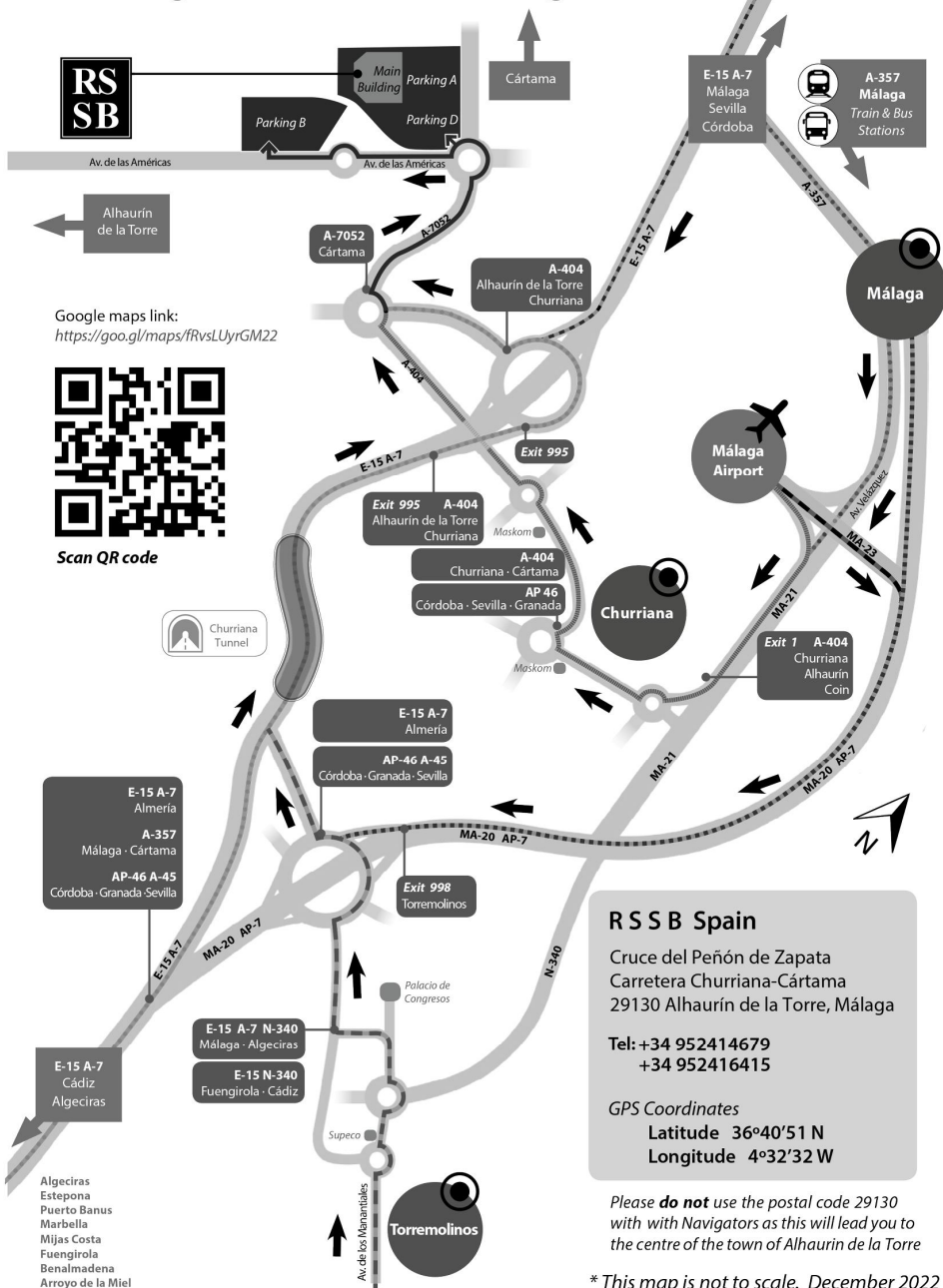
### **Schedule**

- Torremolinos Centre at the entrance of **Hotel Blue Sea Cervantes** at 6:30am, 7:00am, 7:30am and 8:00am.
- Torremolinos Playamar at the entrance of **Hotel Melia Costa del Sol** at 7:00am and 7:30am.
- Torremolinos Playamar at the beach front of **Hotel Marconfort Costa del Sol** at 7:30am
- Torremolinos Playamar at the main entrance of **Hotel Sol Principe** at 7:30am.

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

**SMOKING IS STRICTLY PROHIBITED AND PETS ARE NOT ALLOWED ON THE PREMISES.**

## How to get to RSSB Satsang Centre



# Master's Satsang Programme

Spiritual Discourses  
 Malaga, Spain

Saturday 22<sup>nd</sup> April & Sunday 23<sup>rd</sup> April, 2023

## INFORMATION GUIDE

### Daily Programme

Parking gates open at:	6:30 am*
Hall doors open at:	7:00 am
Shabads start at:	9:15 am
Please be seated by:	9:30 am
Discourses begin at:	10:00 am
The Centre closes at:	2:00 pm

\* Please do not arrive before 6:30 am



### Fundacion Cultural RSSB Andalucia

Carretera Churriana-Cartama  
 Cruce del Peñón de Zapata  
 Alhaurin de la Torre, 29130  
 Malaga, Spain

Tel.: +34 952 414679  
 +34 952 416415

Google map link: <https://goo.gl/maps/fRvslUyrGM22>

GPS Coordinates: Latitude 36° 40' 51 North  
 Longitude 4° 32' 32 West

Please do not use the postal code 29130 with navigators as this will lead you to the centre of the town of Alhaurin de la Torre