

New York Seminar in March 2019: Timetable

	March 1 (Friday)	March 2 (Saturday)	March 3 (Sunday)
7:00am			
8:00am		Healing (participants from Japan & China) 7:30-9:00 Healing B 9:00-9:30	Healing (participants from Japan & China) 7:30-9:00 Healing E 9:00-9:30
9:00am			
10:00am			
11:00am		Lecture 2 Meditation and Q&A/Story Sharing 9:30-12:30	Lecture 4 Meditation and Q&A/Story Sharing 9:30-12:30
12:00pm			
1:00pm			
2:00pm	Mini Lecture & Meditation 13:00-13:45	Break 12:30-13:30	Break 12:30-13:30
3:00pm	Healing (participants from Japan & China) 13:45-16:00	Healing C 13:30-15:00	Healing F 13:30-15:00
4:00pm	Break 16:00-16:30	Lecture 3 Meditation and Q&A/Story Sharing 15:00-18:00	Lecture 5 Meditation and Q&A/Story Sharing 15:00-18:00
5:00pm	Healing A 16:30-18:00		
6:00pm			
7:00pm	Lecture 1 Meditation and Q&A/Story Sharing 18:00-21:00	Healing D 18:00-20:00	Healing G 18:00-19:00
8:00pm			
9:00pm			
10:00pm			

* Each Lecture session consists of 1 hour of lecture, 40 minutes of meditation, a 20-min intermission and 1 hour of Q&A (may be partially changed to Story Sharing in some cases).

* Free event on Friday consists of 15 minutes of lecture and 30 minutes of meditation.

* In Story Sharing, a couple of participants talk freely about their experiences, thoughts and feelings. It proceeds in parallel with individual healing sessions.