

Convocation 2022 August 14 – 20, 2022 Online Schedule (Time is shown in BST)

Day 1 Sunday 8/14	Day 2 Monday 8/15	Day 3 Tuesday 8/16	Day 4 Wednesday 8/17	Day 5 Thursday 8/18	Day 6 Friday 8/19	Day 7 Saturday 8/20
5:00 - 6:00 pm Transforming Life's Obstacles Into Stepping Stones for Spiritual Success <i>Speaker: Brother Vishwananda</i>	4:00 - 5:00 pm Meditation With Kirtan <i>Nuns Kirtan Group</i> 9:30 - 10:30 pm Recharging the Body With Cosmic Energy <i>Speaker: Brother Ritananda</i> 12:30 - 1:30 am Hong-Sau Technique of Concentration <i>Speaker: Brother Nakulananda</i> 3:00 - 4:00 am How Everyday Thoughts Can Change Our Lives <i>Speaker: Brother Prafullananda</i> 4:30 - 5:30 am Meditation	4:00 am - 5:00 pm Meditation 9:30 - 10:30 pm <i>Aum Technique of Meditation</i> <i>Speaker: Brother Kalyanananda</i> 12:30 - 1:30 am Satsanga (Questions and Answers) <i>Speaker: Sister Brahmani</i> 3:00 - 4:00 am Devotion: Relating to God From the Heart <i>Speaker: Sister Draupadi</i> 4:30 - 5:30 am Meditation	4:00 - 7:00 am Meditation With Brother Chidananda 9:30 - 10:30 pm Satsanga (Questions and Answers) <i>Speaker: Sister Ranjana</i> 12:00 - 1:30 am Kirtan <i>Monks Kirtan Group</i> 3:00 - 4:00 am Is Sharing and Selflessness a Part of Your Daily Life? <i>Speaker: Brother Bhumananda</i> 4:30 - 5:30 am Meditation	4:00 - 7:00 pm Meditation With Kirtan <i>Monks Kirtan Group</i> 9:30 - 10:30 pm Making Decisions in the "School of Life" (Panel Discussion for Young Adults) <i>Speaker: Brother Sevananda & Lay Members</i> 12:30 - 1:30 am Walking in the Guru's Footsteps <i>Speaker: Brother Govindananda</i> 3:00 pm - 5:00 am Janmashtami Commemorative Meditation <i>Speaker: Brother Kamalananda</i>	4:00 am - 5:00 pm Meditation 7:30 - 9:00 pm <i>Guided Meditation With Techniques Review</i> <i>Speaker: Brother Balananda</i> 12:30 - 1:30 am Health and Healing: A Spiritual Perspective <i>Speaker: Brother Sarananda</i> 3:00 - 4:00 am Renewing Our Spiritual Enthusiasm <i>Speaker: Brother Satyananda</i> 4:30 - 5:30 am Meditation	4:00 am - 5:00 pm Meditation 9:00 - 10:00 pm Closing Class: Spiritually Fortifying Our Lives <i>Speaker: Brother Chidananda</i>
Notes: Blue indicates classes open to only lessons students Please see the SRF Website for details of Non-English Classes Portuguese Spanish Japanese Italian German						

<https://convocation.yogananda.org>