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

### Day 1
Sunday 8/14

8:30 - 9:30 pm
Transforming Life's Obstacles Into Stepping Stones for Spiritual Success
*Speaker: Brother Vishwananda*

10:00 - 11:00 pm
Meditation

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**Notes:**

Blue indicates classes open to only lessons students

Green indicates non-English classes for lessons students

### Day 2
Monday 8/15

9:00 am - 12:00 pm
Meditation With Kirtan
*Nuns Kirtan Group*

3:30 - 4:30 pm
Recharging the Body With Cosmic Energy
*Speaker: Brother Ritananda*

5:30 - 6:30 pm
Hong-Sau Technique of Concentration
*Speaker: Brother Nakulananda*

8:30 - 9:30 pm
How Everyday Thoughts Can Change Our Lives
*Speaker: Brother Prafullananda*

10:00 - 11:00 pm
Meditation

### Day 3
Tuesday 8/16

9:00 - 10:00 am
Meditation

11:30 am - 12:30 pm
Satsanga (Questions and Answers)
*Speaker: Sister Brahmani*

2:30 - 3:30 pm
*Aum Technique of Meditation*
*Speaker: Brother Kalyanananda*

5:30 - 6:30 pm
Health and Healing: A Spiritual Perspective
*Speaker: Brother Saralananda*

8:30 - 9:30 pm
Devotion: Relating to God From the Heart
*Speaker: Sister Draupadi*

10:00 - 11:00 pm
Meditation

### Day 4
Wednesday 8/17

9:00 am - 12:00 pm
Meditation With Brother Chidananda

2:30 - 3:30 pm
Satsanga (Questions and Answers)
*Speaker: Sister Ranjana*

5:00 - 6:30 pm
Kirtan
*Monks Kirtan Group*

8:30 - 9:30 pm
Is Sharing and Selflessness a Part of Your Daily Life?
*Speaker: Brother Bhumananda*

10:00 - 11:00 pm
Meditation

### Day 5
Thursday 8/18

9:00 am - 12:00 pm
Meditation With Kirtan
*Monks Kirtan Group*

2:30 - 3:30 pm
Making Decisions in the "School of Life" (Panel Discussion for Young Adults)
*Speaker: Brother Sevananda & Lay Members*

5:30 - 6:30 pm
Walking in the Guru's Footsteps
*Speaker: Brother Govindananda*

8:30 - 9:30 pm
Janmashtami Commemorative Meditation
*Speaker: Brother Kamalananda*

10:00 - 11:00 pm
Meditation

### Day 6
Friday 8/19

9:00 - 10:00 am
Meditation

12:30 - 2:00 pm
*Guided Meditation With Techniques Review*
*Speaker: Brother Balananda*

8:30 - 9:30 pm
Renewing Our Spiritual Enthusiasm
*Speaker: Brother Satyananda*

10:00 - 11:00 pm
Meditation

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Non-English Classes
All 11:00 am - 12:30 pm

Portuguese
Spanish
Japanese
Italian
German
See the SRF Website for details.

### Day 7
Saturday 8/20

9:00 - 10:00 am
Meditation

2:00 - 3:00 pm
Closing Class: Spiritually Fortifying Our Lives
*Speaker: Brother Chidananda*

https://convocation.yogananda.org