

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

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
7:30 - 8:30 pm Transforming Life's Obstacles Into Stepping Stones for Spiritual Success <i>Speaker: Brother Vishwananda</i>	8:00 - 11:00 am Meditation With Kirtan <i>Nuns Kirtan Group</i>	8:00 - 9:00 am Meditation	8:00 - 11:00 am Meditation With Brother Chidananda	8:00 - 11:00 am Meditation With Kirtan <i>Monks Kirtan Group</i>	8:00 - 9:00 am Meditation	8:00 - 9:00 am Meditation
9:00 - 10:00 pm Meditation	2:30 - 3:30 pm <i>Recharging the Body With Cosmic Energy</i> <i>Speaker: Brother Ritananda</i>	10:30 - 11:30 am Satsanga (Questions and Answers) <i>Speaker: Sister Brahmani</i>	1:30 - 2:30 pm Satsanga (Questions and Answers) <i>Speaker: Sister Ranjana</i>	1:30 - 2:30 pm Making Decisions in the "School of Life" (Panel Discussion for Young Adults) <i>Speaker: Brother Sevananda & Lay Members</i>	11:30 am - 1:00 pm <i>Guided Meditation With Techniques Review</i> <i>Speaker: Brother Balananda</i>	1:00 - 2:00 pm Closing Class: Spiritually Fortifying Our Lives <i>Speaker: Brother Chidananda</i>
	4:30 - 5:30 pm <i>Hong-Sau Technique of Concentration</i> <i>Speaker: Brother Nakulananda</i>	1:30 - 2:30 pm <i>Aum Technique of Meditation</i> <i>Speaker: Brother Kalyanananda</i>	4:00 - 5:30 pm Kirtan <i>Monks Kirtan Group</i>	7:30 - 8:30 pm Is Sharing and Selflessness a Part of Your Daily Life? <i>Speaker: Brother Bhumananda</i>	7:30 - 8:30 pm Renewing Our Spiritual Enthusiasm <i>Speaker: Brother Satyananda</i>	
	7:30 - 8:30 pm How Everyday Thoughts Can Change Our Lives <i>Speaker: Brother Prafullananda</i>	4:30 - 5:30 pm Health and Healing: A Spiritual Perspective <i>Speaker: Brother Saralananda</i>	9:00 - 10:00 pm Meditation	4:30 - 5:30 pm Walking in the Guru's Footsteps <i>Speaker: Brother Govindananda</i>	9:00 - 10:00 pm Meditation	
	9:00 - 10:00 pm Meditation	7:30 - 8:30 pm Devotion: Relating to God From the Heart <i>Speaker: Sister Draupadi</i>		7:30 - 8:30 pm Janmashtami Commemorative Meditation <i>Speaker: Brother Kamalananda</i>		
		9:00 - 10:00 pm Meditation		9:00 - 10:00 pm Meditation		

Notes:

Blue indicates classes open to only lessons students

Green indicates non-English classes for lessons students

Non-English Classes All 10:00 - 11:30 am

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