

## *Convocation 2024 / Schedule of Online Events – Alaska Daylight Time (ADT)*

Sunday July 14	Monday July 15	Tuesday July 16	Wednesday July 17	Thursday July 18	Friday July 19	Saturday July 20
	7:00 AM – 10:00 AM Meditation with Kirtan (Devotional Chanting) <b>SRF Nuns' Kirtan Group</b>	7:00 AM – 8:00 AM Meditation <b>Sister Sarala</b>	7:00 AM – 10:00 AM Meditation with <b>Brother Chidananda</b> <b>SRF Monks' Kirtan Group</b>	7:00 AM – 8:00 AM Meditation <b>Sister Chetana</b>	7:00 AM – 10:00 AM Guided Meditation <b>Sister Yogamayee</b>	7:00 AM – 8:00 AM Meditation <b>Sister Jyoti</b>
		9:30 AM – 10:30 AM Satsanga (Questions & Answers) <b>Sister Brahmani</b>		9:30 AM – 10:30 AM Satsanga (Questions & Answers) <b>Sister Nandini</b>		
			11:00 AM – 12:00 PM Guided Meditation in Italian with Technique Review <b>Brother Sattvananda</b>		10:30 AM – 11:30 AM Guided Meditation in German with Technique Review <b>Brother Nikhilananda</b>	12:00 PM – 1:00 PM “A Portable Paradise: Sustaining the Strength and Inspiration of Divine Fellowship Wherever You Go” <b>Sister Draupadi</b>
	1:30 PM – 2:30 PM “Recharging the Body with Cosmic Energy” <b>Brother Prafullananda</b>	1:30 PM – 2:30 PM “Mastering the Techniques of Meditation – Part II” (Aum Technique of Meditation) <b>Brother Padmananda</b>	1:00 PM – 2:00 PM Guided Meditation in Portuguese with Technique Review <b>Sister Bhavani</b>	1:00 PM – 2:00 PM Guided Meditation in Spanish with Technique Review <b>Brother Ekananda</b>	1:00 PM – 2:00 PM Online Fellowship “What Are Some of Your Key Takeaways From Convocation?”	
	3:30 PM – 4:30 PM “Mastering the Techniques of Meditation – Part I” (Hong-Sau Technique of Concentration) <b>Sister Karuna</b>	3:30 PM – 4:30 PM Guided Meditation in Japanese with Technique Review <b>Sister Shankari</b>	3:30 PM – 4:30 PM Online Fellowship “What Aspect of Paramahansa Yogananda’s Teachings is Most Meaningful to You?”	3:00 PM – 4:30 PM Kirtan and Meditation From YSS Ranchi Ashram Matri Mandir <b>YSS Monks' Kirtan Group</b>		
5:00 PM – 6:00 PM Online Fellowship “What do you hope to gain from this year’s Convocation?”						
6:30 PM – 7:30 PM “Allowing Joy to Be a Part of Our Everyday Lives” <b>Brother Kamalananda</b>	6:30 PM – 7:30 PM “Using the Mirror of Introspection For All-Round Success” <b>Brother Satyananda</b>	6:30 PM – 7:30 PM “Forging a Personal Connection With the Divine” <b>Sister Ranjana</b>	6:30 PM – 7:30 PM “Intuition: Nurturing the Love and Wisdom That Come From Meditation” <b>Brother Govindananda</b>	6:30 PM – 7:30 PM “Highest Expression of Friendship: The Sacred Bond Between Guru and Disciple” <b>Brother Bhumananda</b>	6:30 PM – 7:30 PM Satsanga with <b>Brother Chidananda</b>	
8:00 PM – 9:00 PM Meditation <b>Brother Tyagananda</b>	8:00 PM – 9:00 PM Meditation <b>Brother Jitananda</b>	8:00 PM – 9:00 PM Meditation <b>Brother Vimalananda</b>	8:00 PM – 9:00 PM Meditation <b>Brother Vijayananda</b>	8:30 PM – 9:00 PM Meditation <b>Brother Dhruvananda</b>	8:00 PM – 9:00 PM Meditation <b>Brother Saralananda</b>	