

Convocation 2024 / Schedule of Online Events – Eastern Daylight Time (EDT)

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