

Convocation 2024 / Schedule of Online Events – Hawaii Standard Time (HST)

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