

Convocation 2024 / Schedule of Online Events – Japan Standard Time (JST)

Monday July 15	Tuesday July 16	Wednesday July 17	Thursday July 18	Friday July 19	Saturday July 20	Sunday July 21
	12:00 AM – 3:00 AM Meditation with Kirtan (Devotional Chanting) SRF Nuns' Kirtan Group	12:00 AM – 1:00 AM Meditation Sister Sarala	12:00 AM – 3:00 AM Meditation with Brother Chidananda SRF Monks' Kirtan Group	12:00 AM – 1:00 AM Meditation Sister Chetana	12:00 AM – 3:00 AM Guided Meditation Sister Yogamayee	12:00 AM – 1:00 AM Meditation Sister Jyoti
		2:30 AM – 3:30 AM Satsanga (Questions & Answers) Sister Brahmani		2:30 AM – 3:30 AM Satsanga (Questions & Answers) Sister Nandini		
			4:00 AM – 5:00 AM Guided Meditation in Italian with Technique Review Brother Sattvananda		3:30 AM – 4:30 AM Guided Meditation in German with Technique Review Brother Nikhilananda	5:00 AM – 6:00 AM “A Portable Paradise: Sustaining the Strength and Inspiration of Divine Fellowship Wherever You Go” Sister Draupadi
	6:30 AM – 7:30 AM “Recharging the Body with Cosmic Energy” Brother Prafullananda	6:30 AM – 7:30 AM “Mastering the Techniques of Meditation – Part II” (Aum Technique of Meditation) Brother Padmananda	6:00 AM – 7:00 AM Guided Meditation in Portuguese with Technique Review Sister Bhavani	6:00 AM – 7:00 AM Guided Meditation in Spanish with Technique Review Brother Ekananda	6:00 AM – 7:00 AM Online Fellowship “What Are Some of Your Key Takeaways From Convocation?”	
	8:30 AM – 9:30 AM “Mastering the Techniques of Meditation – Part I” (Hong-Sau Technique of Concentration) Sister Karuna	8:30 AM – 9:30 AM Guided Meditation in Japanese with Technique Review Sister Shankari	8:30 AM – 9:30 AM Online Fellowship “What Aspect of Paramahansa Yogananda’s Teachings is Most Meaningful to You?”	8:00 AM – 9:30 AM Kirtan and Meditation From YSS Ranchi Ashram Matri Mandir YSS Monks' Kirtan Group		
10:00 AM – 11:00 AM Online Fellowship “What do you hope to gain from this year’s Convocation?”						
11:30 AM – 12:30 PM “Allowing Joy to Be a Part of Our Everyday Lives” Brother Kamalananda	11:30 AM – 12:30 PM “Using the Mirror of Introspection For All-Round Success” Brother Satyananda	11:30 AM – 12:30 PM “Forging a Personal Connection With the Divine” Sister Ranjana	11:30 AM – 12:30 PM “Intuition: Nurturing the Love and Wisdom That Come From Meditation” Brother Govindananda	11:30 AM – 12:30 PM “Highest Expression of Friendship: The Sacred Bond Between Guru and Disciple” Brother Bhumananda	11:30 AM – 12:30 PM Satsanga with Brother Chidananda	
1:00 PM – 2:00 PM Meditation Brother Tyagananda	1:00 PM – 2:00 PM Meditation Brother Jitananda	1:00 PM – 2:00 PM Meditation Brother Vimalananda	1:00 PM – 2:00 PM Meditation Brother Vijayananda	1:30 PM – 2:00 PM Meditation Brother Dhruvananda	1:00 PM – 2:00 PM Meditation Brother Saralananda	