

Convocation 2024 / Schedule of Online Events – Mountain Daylight Time (MDT)

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