

Convocation 2024 / Schedule of Online Events – Pacific Daylight Time (PDT)

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