

Convocation 2026 / Schedule of Online Events – British Summer Time (BST)

Sunday August 2	Monday August 3	Tuesday August 4	Wednesday August 5	Thursday August 6	Friday August 7	Saturday August 8
		12:30 AM – 1:30 AM “Mastering the Techniques of Meditation – Part I” (Hong-Sau Technique of Concentration) Sister Dhira	12:30 AM – 1:30 AM Guided Meditation in Japanese with Technique Review Sister Shankari	12:30 AM – 1:30 AM Satsanga (Questions & Answers) Brother Sevananda	12:00 AM – 1:30 AM Meditation with Kirtan (Devotional Chanting) SRF Nuns’ Kirtan Group	
	1:00 AM – 2:00 AM Online Fellowship “What are you looking forward to in this year’s Convocation?”					3:30 AM – 4:30 AM An Evening with SRF/YSS President— “Paramahansa Yogananda’s Kriya Yoga Teachings” Brother Chidananda
	3:30 AM – 4:30 AM “The Art of Joyful Living: Yoga’s Path to Happiness” Brother Saralananda	3:30 AM – 4:30 AM “Eternal Youth: What Does it Mean and How Can We Have It?” Brother Kamalananda	3:30 AM – 4:30 AM “Inner Security Through Divine Connection” Brother Bhumananda	3:30 AM – 4:30 AM “Becoming an Instrument of Divine Love” Sister Draupadi	3:30 AM – 4:30 AM “The Guru: Divine Friend and Guide” Brother Satyananda	5:00 AM – 6:00 AM Meditation Brother Asimananda
	5:00 AM – 6:00 AM Meditation Brother Nikhilananda	5:00 AM – 6:00 AM Meditation Brother Ekananda	5:00 AM – 6:00 AM Meditation Brother Nishthananda	5:00 AM – 6:00 AM Meditation Brother Vidurananda	5:30 AM – 6:00 AM Meditation Brother Padmananda	
			4:00 PM – 7:00 PM Meditation with Brother Chidananda SRF Monks’ Kirtan Group			
	4:00 PM – 7:00 PM Meditation with Kirtan (Devotional Chanting) SRF Monks’ Kirtan Group	4:00 PM – 5:00 PM Meditation Sister Karuna	8:00 PM – 9:00 PM Guided Meditation in Italian with Technique Review Sister Anjali	4:00 PM – 5:00 PM Meditation Sister Sarala	4:00 PM – 5:00 PM Guided Meditation Sister Jyoti	5:00 PM – 5:00 PM Meditation Sister Veena
		6:30 PM – 7:30 PM Satsanga (Questions & Answers) Brother Kartikananda	10:00 PM – 11:00 PM Guided Meditation in Portuguese with Technique Review Sister Amaravati	6:30 PM – 7:30 PM Satsanga (Questions & Answers) Brother Tyagananda	7:30 PM – 8:30 PM Guided Meditation in German with Technique Review Brother Asimananda	6:00 PM – 7:00 PM Online Fellowship “What have you learned this week that you want to put into practice?”
	10:30 PM – 11:30 PM “Recharging the Body with Cosmic Energy” Brother Muktananda	10:30 PM – 11:30 PM “Mastering the Techniques of Meditation – Part II” (Aum Technique of Meditation) Brother Ritananda	11:00 PM – 12:00 AM Online Fellowship “What have you learned, what has stood out for you so far?”	10:00 PM – 11:00 PM Guided Meditation in Spanish with Technique Review Sister Meenakshi		9:00 PM – 10:00 PM “Bringing the Calmness of Meditation Into Our Relationships” Sister Brahmani