

## *Convocation 2026 / Schedule of Online Events – Eastern Daylight Time (EDT)*

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