

Convocation 2026 / Schedule of Online Events – Eastern European Daylight Time (EEDT)

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