

Convocation 2026/ Schedule of Online Events – Indochina Time (ICT)

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