

Convocation 2024 / Schedule of Online Events – Central European Summer Time (CEST)

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