Convocation 2022 August 14 – 20, 2022 Online Schedule (Time is shown in EDT)

Day 1 Sunday 8/14	Day 2 Monday 8/15	Day 3 Tuesday 8/16	Day 4 Wednesday 8/17	Day 5 Thursday 8/18	Day 6 Friday 8/19	Day 7 Saturday 8/20
10:00 - 11:00 pm Transforming Life's Obstacles Into Stepping Stones for Spiritual Success *Speaker: Brother Vishwananda* 11:30 pm - 12:30 am Meditation	11:00 am - 2:00 pm Meditation With Kirtan *Nuns Kirtan Group* 4:30 - 5:30 pm Recharging the Body With Cosmic Energy *Speaker: Brother Ritananda* 7:30 - 8:30 pm Hong-Sau Technique of Concentration *Speaker: Brother Nakulananda* 10:00 - 11:00 pm How Everyday Thoughts Can Change Our Lives *Speaker: Brother Prafullananda* 11:30 pm - 12:30 am Meditation	11:00 am - 12:00 pm Meditation 4:30 - 5:30 pm *Aum Technique of Meditation* *Speaker: Brother Kalyanananda* 7:30 - 8:30 pm Satsanga (Questions and Answers) *Speaker: Sister Brahmani* 10:00 - 11:00 pm Devotion: Relating to God From the Heart *Speaker: Sister Draupadi* 11:30 pm - 12:30 am Meditation	11:00 am - 2:00 pm Meditation With Brother Chidananda 4:30 - 5:30 pm Satsanga (Questions and Answers) *Speaker: Sister Ranjana* 7:00 - 8:30 pm Kirtan *Monks Kirtan Group* 10:00 - 11:00 pm Is Sharing and Selflessness a Part of Your Daily Life? *Speaker: Brother Bhumananda* 11:30 pm - 12:30 am Meditation	11:00 am - 2:00 pm Meditation With Kirtan *Monks Kirtan Group* 4:30 - 5:30 pm Making Decisions in the "School of Life" (Panel Discussion for Young Adults) *Speaker: Brother Sevananda & Lay Members* 7:30 - 8:30 pm Walking in the Guru's Footsteps *Speaker: Brother Govindananda* 10:00 pm - 12:00 am Janmashtami Commemorative Meditation *Speaker: Brother Kamalananda*	11:00 am - 12:00 pm Meditation 2:30 - 4:00 pm *Guided Meditation With Techniques Review* *Speaker: Brother Balananda* 7:30 - 8:30 pm Health and Healing: A Spiritual Perspective *Speaker: Brother Saralananda* 10:00 - 11:00 pm Renewing Our Spiritual Enthusiasm *Speaker: Brother Satyananda* 11:30 pm - 12:30 am Meditation	11:00 am - 12:00 pm Meditation 4:00 - 5:00 pm Closing Class: Spiritually Fortifying Our Lives *Speaker: Brother Chidananda*

Notes:

Blue indicates classes open to only lessons students

Please see the SRF Website for details of Non-English Classes

Portuguese
Spanish
Japanese
Italian
German

https://convocation.yogananda.org