

Convocation 2026 / Schedule of Online Events – Indian Standard Time (IST)

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