

Convocation 2026 / Schedule of Online Events – Japan Standard Time (JST)

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