

## 2024 SRF 'Virtual' Convocation @ Sydney Centre

	9:00 am to 9:30 am	9:30 am to 10:00 am	10:00 am to 10:30 am	10:30 am to 11:00 am	11:00 am to 11:30 am	11:30 am to 12:00 pm	12:00 pm to 12:30 pm	12:30 pm to 1:00 pm	1:00 pm to 1:30 pm	1:30 pm to 2:00 pm	2:00 pm to 2:30 pm	2:30 pm to 3:00 pm	3:00 pm to 3:30 pm	3:30 pm to 4:00 pm	4:00 pm to 4:30 pm
July 15 (Mon)				REGISTRATION		Fellowship: What do you hope to gain from this year's convocation? (1hr)		Lunch break (1.5 hours)			Allowing Joy to be a Part of Our Everyday Lives (1hr): Bro Kamalananda		Short break (30mins)		Meditation (1hr): Bro Tyagananda
July 16 (Tue)	Meditation with Kirtan (Nun's Kirtan Group) - 3 hours							Long break (2 hours)			Using the mirror of Introspection for all round success (1hr): Bro Satyananda		Short break (30mins)		Meditation (1hr): Bro Jitananda
July 17 (Wed)	Meditation (1hr): Sister Jyoti		Short break (30mins)	Recharging the body with Cosmic Energy (1hr): Bro Prafullananda		Short break (30mins)	Hong Sau technique of meditation (1hr): Sister Karuna		Lunch break (1 hour)		Forging a personal connection with the Divine (1hr): Sister Ranjana		Short break (30mins)		Meditation (1hr): Bro Vimalananda
July 18 (Thu)	Meditation with Bro Chidananda (Monk's Kirtan Group) - 3 hours							Long break (2 hours)			Intuition: Nurturing the Love and Wisdom that come from meditation (1hr): Brother Govindananda		Short break (30mins)		Meditation (1hr): Bro Vijayananda
July 19 (Fri)	Meditation (1hr): Sister Chetana		Short break (30mins)	Aum technique of meditation (1hr): Brother Padmananda		Short break (30mins)	Satsanga (1hr): Sister Brahmani		Lunch break (1 hour)		Highest expression of friendship: The Sacred Bond between Guru and Disciple (1hr): Brother Bhumananda		Short break (30mins)		Meditation (1hr): Bro Dhruvananda
July 20 (Sat)	Meditation (1hr): Sister Yogamayee		Short break (30mins)	Satsanga (1hr): Sister Nandini		Short break (30mins)	Fellowship (1hr): What aspect of Paramahansa Yogananda's teachings is most meaningful to you?		Lunch break (1 hour)		Satsanga with Brother Chidananda (1hr)		Short break (30mins)		Meditation (1hr): Bro Saralananda
July 21 (Sun)	Meditation (1hr): Sister Jyoti		Short break (30mins)	Fellowship (1hr): What are some of your key takeaways from Convocation?		Short break (30mins)	A Portable Paradise:Sustaining the Strength and Inspiration of Divine Fellowship Wherever you go (1hr): Sister Draupadi		Lunch break (1 hour)		Kirtan and Meditation: Monks from YSS Ranchi (1hr)		CLOSING		