



## SRI SRI SRI SHIVABALAYOGI MAHARAJ

For more information on Sri Swamiji, please see: [www.shivabalayogi.org](http://www.shivabalayogi.org)

### WEEKLY ZOOM MEDITATIONS and SATURDAY RETREATS January 2024 thru March 10, 2024

**Please note: Day of the week and Time.**

For your local time zone check: [www.worldtimebuddy.com](http://www.worldtimebuddy.com)

Times shown are for USA Mountain Time and Moscow, Russia

**People new to Sri Swamiji's meditation, please attend session 2 or 3 for your first program.**

#### **1. MEDITATION ONLY: 1-1/2 hours**

USA MT: 7-8:30PM Mondays

RUSSIA Moscow: 5.00-6.30 Tuesdays

#### **2. MEDITATION, Q&A: 1 hour meditation, plus Q&A with Swamiji thru Bhava upon Faith, translation in Russian when available.**

USA MT: 7-8:30PM Wednesdays

RUSSIA Moscow: 5.00-6.30 Thursdays

#### **3. MEDITATION, BHAJANS, Q&A: 1 hour meditation, followed by Bhajans, and Q&A with Swamiji thru Bhava upon Faith. Translation provided in Russian.**

USA MT: 9-10:30AM Thursdays

RUSSIA Moscow: 19.00-20:30 Thursdays

#### **4. SATURDAY HALF-DAY RETREATS:**

Three one-hour meditations with 10-minute breaks in-between, followed by Q&A w/Swamiji thru bhava upon Faith. Swamiji requests your attendance for the entire retreat.

USA MT: 7-11AM

RUSSIA Moscow: 17.00-21.00

Please post any questions on our WhatsApp group. See link below to participate in our growing community and stay current with announcements and sharing.

<https://chat.whatsapp.com/C1EZqXvuPxYDMtNSzAdBWS>

ZOOM LINK TO ALL SESSIONS:

<https://us06web.zoom.us/j/82213336340?pwd=V0lmWFRRL0R6Tm56QTdRUHN0MWI3QT09>

If you are asked for a password, enter 0

**SRI SWAMIJI SENDS YOU BLESSINGS!**

