

ADDITIONAL ONLINE CLASSES TO SUPPLEMENT THE WEST COAST 21 DAY MEDITATION COURSE

Course website: <https://us.sahajayoga.org/sept2024/>

Español: <https://us.sahajayoga.org/es/enero2024/>

International: https://www.freemeditation.com.au/class_workshops/worldwide/

Wish to continue with guided footsoak or meditation class on another day or time?
See details below.

All classes are listed in Pacific Time.

Day	Time	Meeting Name	Meeting Link	Website
Monday	9:00 AM	UNESCO Body & Mind Wellness	https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0QT09	https://unescobmw.org/2022/08/31/meditation/
Monday	5:45 PM	Let's footsoak together	https://us02web.zoom.us/j/2121217171	
Monday	7:00 PM	British Columbia Online Meditation	https://us02web.zoom.us/j/84886421172	https://sahajayogabc.ca/home-5998
Monday	7:30 PM	Los Angeles Online Meditation (Wendy)	https://zoom.us/j/7771083333 Passcode: 777333	
Tuesday	9:00 AM	UNESCO Body & Mind Wellness	https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0QT09	https://unescobmw.org/2022/08/31/meditation/
Tuesday	10:45 AM	Guided Meditation from UK	https://zoom.us/j/9181716151	https://meditationjourney.org/guidedsessions
Tuesday	6:00 PM	21 Day Meditation - Spanish (Until end of November)	https://us02web.zoom.us/j/2121212024	us.sahajayoga.org/es
Tuesday	8:00 PM	West Coast Online Meditation (Kristine, Saakshi & Isha)	https://zoom.us/j/9819705879 Passcode: Meditation	https://seattle.sahajayoga.org/classes-near-me/
Wednesday	9:00 AM	UNESCO Body & Mind Wellness	https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0QT09	https://unescobmw.org/2022/08/31/meditation/
Wednesday	5:45 PM	Let's footsoak together	https://us02web.zoom.us/j/2121217171	

Day	Time	Meeting Name	Meeting Link	Website
Wednesday	6:00 PM	Colorado Online Meditation	https://us04web.zoom.us/j/761670613	https://meditationcolorado.org/beginners-course/
Thursday	9:00 AM	UNESCO Body & Mind Wellness	https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0QT09	https://unescobmw.org/2022/08/31/meditation/
Thursday	7:30 PM	Los Angeles Online Meditation (Beenu & Kirti)	https://zoom.us/j/7771083333 Passcode: 777333	
Thursday	7:30 PM	West Coast Online Meditation (Phil & Savina)	https://zoom.us/j/9819705879 Passcode: Meditation	https://seattle.sahajayoga.org/classes-near-me/
Friday	9:00 AM	UNESCO Body & Mind Wellness	https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0QT09	https://unescobmw.org/2022/08/31/meditation/
Friday	5:45 PM	Let's footsoak together	https://us02web.zoom.us/j/2121217171	
Saturday	6:00 PM	21 Day Meditation - Spanish (Until end of November)	https://us02web.zoom.us/j/2121212024	us.sahajayoga.org/es
Saturday	10:00 AM	Discover the Peace Within	https://us02web.zoom.us/j/7990366500	https://us.sahajayoga.org
Saturday	6:45 PM	Global Online Meditation (Ask for intermediate breakout room if you're not a beginner)	https://zoom.us/j/9181716151	https://meditationjourney.org/guidedsessions
Sunday	6:45 AM	Global Online Meditation (Ask for intermediate breakout room if you're not a beginner)	https://zoom.us/j/9181716151	https://meditationjourney.org/guidedsessions