

Additional Online Classes

Additional Online Classes to Supplement the 21 Day Course

[2025 Course Website](#)

[Curso 2025 en español](#)

[International](#)

Want to join a footsoak or meditation class on another day or at another time? All times given are Eastern Time (New York time)

Day	Time (ET)	Duration	Name of Meeting	Meeting Zoom Link	Website
Sunday	9:45 AM	60 min.	You can ask for Intermediate breakout room if you're not a beginner.	https://zoom.us/j/9181716151	https://meditationjourney.org/guidedsessions
Monday	7:15 AM	30 min.	Morning Meditation	https://zoom.us/j/94359319596?pwd=OEVaTWhtcTVzdnoxRFU5Rmd0V2kydz09	https://freemeditation.us/715/
Monday	12 NOON	30 min.	UNESCO Body & Mind Wellness - Midday Meditation	https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0QT09	https://unescoBMW.org/2022/08/31/meditation/
Monday	8:45 PM	30 min.	Evening Footsoak	https://us02web.zoom.us/j/2121217171	-
Tuesday	7:15 AM	30 min.	Morning Meditation	https://zoom.us/j/94359319596?pwd=OEVaTWhtcTVzdnoxRFU5Rmd0V2kydz09	https://freemeditation.us/715/
Tuesday	12 NOON	30 min.	UNESCO Body & Mind Wellness - Midday Meditation	https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0QT09	https://unescoBMW.org/2022/08/31/meditation/
Tuesday	1:45 PM	60 min.	Guided Meditation from UK	https://zoom.us/j/9181716151	https://meditationjourney.org/guidedsessions
Wednesday	7:15 AM	30 min.	Morning Meditation	https://zoom.us/j/94359319596?pwd=OEVaTWhtcTVzdnoxRFU5Rmd0V2kydz09	https://freemeditation.us/715/
Wednesday	12 NOON	30 min.	UNESCO Body & Mind Wellness - Midday Meditation	https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0QT09	https://unescoBMW.org/2022/08/31/meditation/
Wednesday	8:45 PM	30 min.	Evening Footsoak	https://us02web.zoom.us/j/2121217171	-
Wednesday	8:45 PM	60 min.	Guided Meditation from UK	https://zoom.us/j/9181716151	https://meditationjourney.org/guidedsessions
Thursday	6:45 AM	60 min.	Guided Meditation from Australia	https://zoom.us/j/9181716151	https://meditationjourney.org/guidedsessions
Thursday	7:15 AM	30 min.	Morning Meditation	https://zoom.us/j/94359319596?pwd=OEVaTWhtcTVzdnoxRFU5Rmd0V2kydz09	https://freemeditation.us/715/
Thursday	7:15 AM	30 min.	UNESCO Body & Mind Wellness - Midday Meditation	https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0QT09	https://unescoBMW.org/2022/08/31/meditation/
Thursday	8:00 PM	60 min.	Discover the Peace Within	https://us02web.zoom.us/j/7990366500	https://us.sahajayoga.org/
Friday	7:15 AM	30 min.	Morning Meditation	https://zoom.us/j/94359319596?pwd=OEVaTWhtcTVzdnoxRFU5Rmd0V2kydz09	https://freemeditation.us/715/
Friday	12 NOON	30 min.	UNESCO Body & Mind Wellness - Midday Meditation	https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0QT09	https://unescoBMW.org/2022/08/31/meditation/
Friday	8:45 PM	30 min.	Evening Footsoak	https://us02web.zoom.us/j/2121217171	-
Saturday	10:00 AM	60 min.	Discover the Peace Within	https://us02web.zoom.us/j/7990366500	https://us.sahajayoga.org/
Saturday	9:45 PM	60 min.	You can ask for Intermediate breakout room if you're not a beginner.	https://zoom.us/j/9181716151	https://meditationjourney.org/guidedsessions