

# Additional Online Classes

## Additional Online Classes to Supplement the 21 Day Course

[2025 Course Website](#)

[Curso 2025 en español](#)

[International](#)

**Want to join a meditation class at another time? All times given are New York time (ET)**

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.	<a href="https://zoom.us/j/9181716151">https://zoom.us/j/9181716151</a>	<a href="https://meditationjourney.org/guidedsessions">https://meditationjourney.org/guidedsessions</a>
Monday	7:15 AM	30 min.	Morning Meditation	<a href="https://zoom.us/j/94359319596?pwd=OEVaTWhtTcTVzdnoxRFU5Rmd0V2kydz09">https://zoom.us/j/94359319596?pwd=OEVaTWhtTcTVzdnoxRFU5Rmd0V2kydz09</a>	<a href="https://freemeditation.us/715/">https://freemeditation.us/715/</a>
Monday	12 NOON	30 min.	UNESCO Body & Mind Wellness - Midday Meditation	<a href="https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0OT09">https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0OT09</a>	<a href="https://unescoBMW.org/2022/08/31/meditation/">https://unescoBMW.org/2022/08/31/meditation/</a>
Monday	8:45 PM	30 min.	Evening Footsoak	<a href="https://us02web.zoom.us/j/2121217171">https://us02web.zoom.us/j/2121217171</a>	-
Tuesday	7:15 AM	30 min.	Morning Meditation	<a href="https://zoom.us/j/94359319596?pwd=OEVaTWhtTcTVzdnoxRFU5Rmd0V2kydz09">https://zoom.us/j/94359319596?pwd=OEVaTWhtTcTVzdnoxRFU5Rmd0V2kydz09</a>	<a href="https://freemeditation.us/715/">https://freemeditation.us/715/</a>
Tuesday	12 NOON	30 min.	UNESCO Body & Mind Wellness - Midday Meditation	<a href="https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0OT09">https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0OT09</a>	<a href="https://unescoBMW.org/2022/08/31/meditation/">https://unescoBMW.org/2022/08/31/meditation/</a>
Tuesday	1:45 PM	60 min.	Guided Meditation from UK	<a href="https://zoom.us/j/9181716151">https://zoom.us/j/9181716151</a>	<a href="https://meditationjourney.org/guidedsessions">https://meditationjourney.org/guidedsessions</a>
Tuesday	2:00 PM	60 min.	International Meditation	<a href="https://wemeditate.com/live">https://wemeditate.com/live</a>	<a href="https://wemeditate.com/">https://wemeditate.com/</a>
Wednesday	7:15 AM	30 min.	Morning Meditation	<a href="https://zoom.us/j/94359319596?pwd=OEVaTWhtTcTVzdnoxRFU5Rmd0V2kydz09">https://zoom.us/j/94359319596?pwd=OEVaTWhtTcTVzdnoxRFU5Rmd0V2kydz09</a>	<a href="https://freemeditation.us/715/">https://freemeditation.us/715/</a>
Wednesday	12 NOON	30 min.	UNESCO Body & Mind Wellness - Midday Meditation	<a href="https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0OT09">https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0OT09</a>	<a href="https://unescoBMW.org/2022/08/31/meditation/">https://unescoBMW.org/2022/08/31/meditation/</a>
Wednesday	8:45 PM	30 min.	Evening Footsoak	<a href="https://us02web.zoom.us/j/2121217171">https://us02web.zoom.us/j/2121217171</a>	-
Wednesday	8:45 PM	60 min.	Guided Meditation from UK	<a href="https://zoom.us/j/9181716151">https://zoom.us/j/9181716151</a>	<a href="https://meditationjourney.org/guidedsessions">https://meditationjourney.org/guidedsessions</a>
Thursday	6:45 AM	60 min.	Guided Meditation from Australia	<a href="https://zoom.us/j/9181716151">https://zoom.us/j/9181716151</a>	<a href="https://meditationjourney.org/guidedsessions">https://meditationjourney.org/guidedsessions</a>
Thursday	7:15 AM	30 min.	Morning Meditation	<a href="https://zoom.us/j/94359319596?pwd=OEVaTWhtTcTVzdnoxRFU5Rmd0V2kydz09">https://zoom.us/j/94359319596?pwd=OEVaTWhtTcTVzdnoxRFU5Rmd0V2kydz09</a>	<a href="https://freemeditation.us/715/">https://freemeditation.us/715/</a>
Thursday	7:15 AM	30 min.	UNESCO Body & Mind Wellness - Midday Meditation	<a href="https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0OT09">https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0OT09</a>	<a href="https://unescoBMW.org/2022/08/31/meditation/">https://unescoBMW.org/2022/08/31/meditation/</a>
Thursday	2:00 PM	60 min.	International Meditation	<a href="https://wemeditate.com/live">https://wemeditate.com/live</a>	<a href="https://wemeditate.com/">https://wemeditate.com/</a>
Thursday	8:00 PM	60 min.	Discover the Peace Within	<a href="https://us02web.zoom.us/j/7990366500">https://us02web.zoom.us/j/7990366500</a>	<a href="https://us.sahajavoga.org/">https://us.sahajavoga.org/</a>
Friday	7:15 AM	30 min.	Morning Meditation	<a href="https://zoom.us/j/94359319596?pwd=OEVaTWhtTcTVzdnoxRFU5Rmd0V2kydz09">https://zoom.us/j/94359319596?pwd=OEVaTWhtTcTVzdnoxRFU5Rmd0V2kydz09</a>	<a href="https://freemeditation.us/715/">https://freemeditation.us/715/</a>
Friday	12 NOON	30 min.	UNESCO Body & Mind Wellness - Midday Meditation	<a href="https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0OT09">https://us02web.zoom.us/j/5088630557?pwd=ck84TGRRenU4NzBtdStPWHR6QkE0OT09</a>	<a href="https://unescoBMW.org/2022/08/31/meditation/">https://unescoBMW.org/2022/08/31/meditation/</a>
Friday	8:45 PM	30 min.	Evening Footsoak	<a href="https://us02web.zoom.us/j/2121217171">https://us02web.zoom.us/j/2121217171</a>	-
Saturday	10:00 AM	60 min.	Discover the Peace Within	<a href="https://us02web.zoom.us/j/7990366500">https://us02web.zoom.us/j/7990366500</a>	<a href="https://us.sahajavoga.org/">https://us.sahajavoga.org/</a>
Saturday	9:45 PM	60 min.	You can ask for Intermediate breakout room if you're not a beginner.	<a href="https://zoom.us/j/9181716151">https://zoom.us/j/9181716151</a>	<a href="https://meditationjourney.org/guidedsessions">https://meditationjourney.org/guidedsessions</a>

List of these links online: <https://freemeditation.us/meetings/>