INTERFAITH MEDITATION
LIVE VIRTUAL CONFERENCE
JUNE 10-12, 2022

FRIDAY

6:30-7:00 pm  Opening Night - Truth is One, Paths Are Many with Swami Ramananda and Diana Meltsner
7:00-8:15 pm  The Power of Mantra and Japa with Swami Ramananda
8:15-8:30 pm  Mantra Repetition for World Peace and Healing with Priyanka Varma

SATURDAY

8:00-8:30 am  Morning Meditation with Mia Velez
8:45-10:15 am  The Yoga Life, An Eightfold Path to Awakening with Reverend Jaganath Carrera
10:30-12:00 pm  Centering Prayer, Contemplative Christian Tradition with Marianne Delaporte, Amy Jobin and Fr. Kenneth Hamilton

- - - lunch break- - -

2:00-3:30 pm  Cultivating Compassion with Venerable Tenzin Chogkyi
3:45-5:00 pm  Mindfulness-infused Hatha Yoga, mixed level* with Diana Meltsner

- - - dinner break- - -

6:30-8:00 pm**  The Meditative Dances of Universal Peace with C. Sage Dames
8:00-8:30 pm**  Interfaith Service and Prayers with Swami Ramananda

SUNDAY

8:00-9:30 am  Mindfulness, Intention and “The Current Situation” with Rich Panico M.D.
9:45-11:15 am  Jewish and Multifaith Chants for Peace with Rabbi Pam Frydman
11:30-12:30 pm  Final sharing with Swami Ramananda, Diana Meltsner and Mia Velez

* Integral Hatha Yoga mixed level classes are suitable for both beginner and advanced practitioners, gentle mat variations will be included.

** The Saturday evening program is offered online and in-person. Please join us at Integral Yoga Institute of San Francisco or stay with us on Zoom.

REGISTER ONLINE AT www.integralyogasf.org