

# 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, and Fr. Kenneth Hamilton
- lunch break ---
- 2:00-3:30 pm **Cultivating Compassion** with Venerable Tenzin Chogyi
- 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

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