



Live International Retreat Schedule

International schedule based on Pacific Time (PT); *Subject to change*

The live international schedule is based on Pacific Daylight Time. You are invited to join all sessions live. You can convert to your own time using the link provided. The retreat will include special on-demand content that you can watch during the breaks to customize your schedule, or over the course of the month.

If you don't want to watch the entire retreat live, you can follow a suggested schedule for your time zone that will be available via the event site.

Suggested Schedules:

India (IST)
Europe (GMT +1)
Australia (AEDT)
Japan (JST)

Amma is coming to the retreat!

The exact time is not confirmed, it will be announced to participants during the retreat.

Day 1: Friday, Nov 25

[Convert to your time](#)

Time	Session
5:00 PM PT	Session #1
6:15 PM PT	Break
Time	Session
6:30 PM PT	Session #2 with Swami Amritaswarupananda Puri
7:30 PM PT	Session #3 with Swami Amritaswarupananda Puri
8:30 PM PT	End of day 1



Day 2: Saturday, Nov 26

Time	Session
7:30 AM PT	Session #4
8:30 AM PT	Session #5 with Swami Amritaswarupananda Puri
9:30 AM PT	Break
Time	Session
9:45 AM PT	Session #6 with Swami Amritaswarupananda Puri
10:45 AM PT	Break
11:00 AM PT	Session #7
12:00 PM PT	Break
Time	Session
3:00 PM PT	Session #8
3:10 PM PT	Session #9
3:45 PM PT	Break
3:55 PM PT	Session #10
4:30 PM PT	Break
Time	Session



5:30 PM PT	Session #11 with Swami Amritaswarupananda Puri
6:30 PM PT	Session #12 with Swami Amritaswarupananda Puri
7:30 PM PT	End of day 2

Day 3: Sunday, Nov 27

Time	Session
7:30 AM PT	Session #13
8:30 AM PT	Session #14
9:30 AM PT	End of Retreat