

Virtual Meditation Groups Schedule

*New group starting in June

	Pacific	Mountain	Central	Eastern
Sunday	5:00am	6:00am	7:00am	8:00am
Sunday	8:00am	9:00am	10:00am	11:00am
Monday	4:00am	5:00am	6:00am	7:00am
Monday	7:00am	8:00am	9:00am	10:00am
Monday*	8:20am	9:20am	10:20am	11:20am
Tuesday*	3:30am	4:30am	5:30am	6:30am
Tuesday	7:00am	8:00am	9:00am	10:00am
Tuesday*	4:20pm	5:20pm	6:20pm	7:20pm
Wednesday	4:00am	5:00am	6:00am	7:00am
Wednesday	7:00am	8:00am	9:00am	10:00am
Thursday	7:00am	8:00am	9:00am	10:00am
Thursday*	2:30pm	3:30pm	4:30pm	5:30pm
Thursday*	7:30pm	8:30pm	9:30pm	10:30pm
Friday	4:30am	5:30am	6:30am	7:30am
Friday	7:30am	8:30am	9:30am	10:30am
Saturday	7:30am	8:30am	9:30am	10:30am