

	Los Angeles PDT UTC -7	Phoenix MST UTC -7	Denver MDT UTC -6	Chicago CDT UTC -5	Boston EDT UTC -4	London BST UTC +1 (→ 28-29 Oct)	Rome CEST UTC +2 (→ 28-29 Oct)	India IST UTC + 5:30	Taipei CST UTC + 8	Sydney AEDT UTC +11
group meditation	21:00–22:00	21:00–22:00	22:00–23:00	23:00–00:00	00:00–01:00	05:00–06:00	06:00–07:00	09:30–10:30	12:00–13:00	15:00–16:00
	22:00	22:00	23:00	00:00	01:00	06:00	07:00	10:30	13:00	16:00
	22:30	22:30	23:30	00:30	01:30	06:30	07:30	11:00	13:30	16:30
	23:00	23:00	00:00	01:00	02:00	07:00	08:00	11:30	14:00	17:00
	23:30	23:30	00:30	01:30	02:30	07:30	08:30	12:00	14:30	17:30
group meditation	00:00–01:00	00:00–01:00	01:00–02:00	02:00–03:00	03:00–04:00	08:00–09:00	09:00–10:00	12:30–13:30	15:00–16:00	18:00–19:00
	01:00	01:00	02:00	03:00	04:00	09:00	10:00	13:30	16:00	19:00
	01:30	01:30	02:30	03:30	04:30	09:30	10:30	14:00	16:30	19:30
	02:00	02:00	03:00	04:00	05:00	10:00	11:00	14:30	17:00	20:00
	02:30	02:30	03:30	04:30	05:30	10:30	11:30	15:00	17:30	20:30
group meditation	03:00–04:00	03:00–04:00	04:00–05:00	05:00–06:00	06:00–07:00	11:00–12:00	12:00–13:00	15:30–16:30	18:00–19:00	21:00–22:00
	04:00	04:00	05:00	06:00	07:00	12:00	13:00	16:30	19:00	22:00
	04:30	04:30	05:30	06:30	07:30	12:30	13:30	17:00	19:30	22:30
	05:00	05:00	06:00	07:00	08:00	13:00	14:00	17:30	20:00	23:00
	05:30	05:30	06:30	07:30	08:30	13:30	14:30	18:00	20:30	23:30
group meditation	06:00–07:00	06:00–07:00	07:00–08:00	08:00–09:00	09:00–10:00	14:00–15:00	15:00–16:00	18:30–19:30	21:00–22:00	00:00–01:00
break	07:00	07:00	08:00	09:00	10:00	15:00	16:00	19:30	22:00	01:00
Q&A	07:30–08:30	07:30–08:30	08:30–09:30	09:30–10:30	10:30–11:30	15:30–16:30	16:30–17:30	20:00–21:00	22:30–23:30	01:30–02:30
video release	08:30	08:30	09:30	10:30	11:30	16:30	17:30	21:00	23:30	02:30
breakout rooms	08:35–09:15	08:35–09:15	09:35–10:15	10:35–11:15	11:35–12:15	16:35–17:15	17:35–18:15	21:05–21:45	23:35–00:15	02:35–03:15
	09:30	09:30	10:30	11:30	12:30	17:30	18:30	22:00	00:30	03:30
	10:00	10:00	11:00	12:00	13:00	18:00	19:00	22:30	01:00	04:00
	10:30	10:30	11:30	12:30	13:30	18:30	19:30	23:00	01:30	04:30
	11:00	11:00	12:00	13:00	14:00	19:00	20:00	23:30	02:00	05:00
	11:30	11:30	12:30	13:30	14:30	19:30	20:30	00:00	02:30	05:30
group meditation	12:00–13:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	20:00–21:00	21:00–22:00	00:30–01:30	03:00–04:00	06:00–07:00
	13:00	13:00	14:00	15:00	16:00	21:00	22:00	01:30	04:00	07:00
	13:30	13:30	14:30	15:30	16:30	21:30	22:30	02:00	04:30	07:30
	14:00	14:00	15:00	16:00	17:00	22:00	23:00	02:30	05:00	08:00
	14:30	14:30	15:30	16:30	17:30	22:30	23:30	03:00	05:30	08:30
	15:00	15:00	16:00	17:00	18:00	23:00	00:00	03:30	06:00	09:00
	15:30	15:30	16:30	17:30	18:30	23:30	00:30	04:00	06:30	09:30
group meditation	16:00–17:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:00	00:00–01:00	01:00–02:00	04:30–05:30	07:00–08:00	10:00–11:00
	17:00	17:00	18:00	19:00	20:00	01:00	02:00	05:30	08:00	11:00
	17:30	17:30	18:30	19:30	20:30	01:30	02:30	06:00	08:30	11:30
	18:00	18:00	19:00	20:00	21:00	02:00	03:00	06:30	09:00	12:00
	18:30	18:30	19:30	20:30	21:30	02:30	03:30	07:00	09:30	12:30
group meditation	19:00–20:00	19:00–20:00	20:00–21:00	21:00–22:00	22:00–23:00	03:00–04:00	04:00–05:00	07:30–08:30	10:00–11:00	13:00–14:00
	20:00	20:00	21:00	22:00	23:00	04:00	05:00	08:30	11:00	14:00
	20:30	20:30	21:30	22:30	23:30	04:30	05:30	09:00	11:30	14:30