
National Group Meditation schedule for all U.S. time zones

Please note: All times listed are *TM* start times

To support your daily practice, and so that we are meditating in as large a group as possible, we are offering options for your morning and afternoon meditations. Explore what works for you—on a regular basis or on any given day—then mix and match for your schedule and preferences.

Eastern

Morning 7:00 am or 9:15 am

Evening 6:00 pm or 6:45 pm

Central

Morning 6:00 am or 8:15 am

Evening 5:00 pm or 5:45 pm

Mountain

Morning 6:30 am or 7:15 am

Evening 4:45 p.m. or 6:00 pm

Pacific

Morning 6:15 am or 7:00 am

Evening 3:45 pm or 6:00 pm

Alaska

Morning 8:00 am

Evening 6:45 pm

Hawaii

Morning 8:00 am

Evening 6:00 pm
