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**UPDATED:** National Group Meditation schedule  
for all U.S. time zones

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

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**Eastern**

Morning: **9:15 am** | Evening: **6:45 pm**

**Alternate times:**

Morning: **7:00 am** | Evening: **6:00 pm**

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**Central**

Morning: **8:15 am** | Evening: **5:45 pm**

**Alternate times:**

Morning: **6:00 am** | Evening: **5:00 pm**

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**Mountain**

Morning: **7:15 am** | Evening: **4:45 pm**

**Alternate times:**

Morning: **6:30 am** | Evening: **6:00 pm**

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**Pacific**

Morning: **6:15 am** | Evening: **3:45 pm**

**Alternate times:**

Morning: **7:00 am** | Evening: **6:00 pm**

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**Hawaii**

Morning: **8:00 am** | Evening: **6:00 pm**

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**Alaska**

Morning: **8:00 am** | Evening: **6:45 pm**

**Alternate times:**

Morning: **7:15 am** | Evening: **6:00 pm**

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