
TM Connect with Bob Roth
TM Tips & Large Group Meditation
No reservations needed. Just call in.

Weekday morning schedule

Eastern 7:00 am or 9:15 am

Central 6:00 am or 8:15 am

Mountain 7:15 am or 8:00 am

Pacific 6:15 am or 7:00 am

Alaska 5:15 am or 6:00 am

Daily afternoon schedule

Eastern 6:00 pm

Central 5:00 pm

Mountain 6:00 pm

Pacific 6:00 pm

Alaska 5:00 pm

Weekend morning schedule

Eastern 8:30 am or 9:15 am

Central 7:30 am or 8:15 am

Mountain 7:15 am or 8:00 am

Pacific 6:15 am or 7:00 am

Alaska 5:15 am or 6:00 am

Hawaii We will post connection details and convenient times for Hawaii soon.

How and When to Connect

For best results, connect by Zoom: Download the Zoom app on your smartphone, tablet, or computer, and use this link:

<https://zoom.us/j/177174913>. If you join by opening your Zoom app first, click **Join**, then enter Meeting ID **177-174-913**.

Second choice, connect by phone: Call **(929) 205-6099** or **(253) 215-8782**, then enter Meeting ID **177-174-913#**