



TM • CONNECT

You're Invited! Twice a day people from all over the world join us on a 20-minute virtual meditation Zoom call and you're invited! These calls are a wonderful way to support yourself during these times of change and transformation.

You can connect to these calls via phone or by clicking the links below.

Please do not post this information on social media. The phone system would not be able to handle that number of calls. Thank you!

Daily Meditation Call Times (Eastern)

Visit TM-Meditate.org to see call times in your time zone

Morning Schedule

- Live Monday through Friday 7 am ET
Replays: 6 am (from previous morning), 8:30 am, 9:15 am, 10 am, 11 am, 12 pm, 1 pm, 2 pm, 3 pm, 4 pm
- Live Saturday and Sunday 8:30 am ET
Replays: 6 am (from previous morning), 7 am (from previous morning), 9:15 am, 10 am, 12 pm, 1 pm, 3 pm

Evening Schedule

- Live all 7 days of the week at 6 pm ET
Replays: 5 pm (from previous evening), 7 pm, 8 pm, 9 pm, 10 pm, 11 pm, 12 am

NOTE: To access replays simply click on the Zoom link or dial the phone numbers below. If none of the replay times work for you, there is a recorded session you can listen at any time at [TM Meditate](#) under "[Meditate Now](#)."

How to Connect

Zoom Link (computer): [Click here to connect](#)

One-Click Meeting Access (mobile phone): +16699006833,177174913#

Backup One-Click Access (mobile phone): +16468769923,177174913#

Overflow Access (mobile phone): +12532158782,177174913#

Telephone: (669) 900-6833

Meeting ID: 177-174-913#

Visit our meditation website, tm-meditate.org for replays, videos, schedules, and inspirational quotes. Join our [Facebook Group](#) to connect with hundreds of others who call in regularly and share experiences.