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## **TM Connect with Bob Roth**

### **TM Tips & Large Group Meditation**

**No reservations needed. Just call in.**

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#### **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 or 9:00 am

**Alaska** 5:15 am or 6:00 am or 8:00 am

**Hawaii** 6:00 am

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#### **Daily afternoon schedule**

**Eastern** 6:00 pm

**Central** 5:00 pm

**Mountain** 6:00 pm

**Pacific** 6:00 pm

**Alaska** 5:00 pm

**Hawaii** 3:00 pm

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#### **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 or 9:00 am

**Alaska** 5:15 am or 6:00 am or 8:00 am

**Hawaii** 6:00 am

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#### **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#**