
National Group Meditation
start times for all U.S. time zones
Please note: All times listed are TM[®] start times

To support your daily practice, and to create as large of a meditating group as possible, we offer the options below. Mix and match times to your situation. **Please note: If a time is listed in both the "No connection" column and the "TM Connect" column, you have a choice to either connect or not. For all TM Connect times please go to tm-meditate.org.**

Meditate (No connection)*	Meditate (TM Connect with Zoom)
Eastern Morning 7:00 am or 9:15 am Evening 6:00 pm or 6:45 pm	Eastern Morning 9:15 am Evening 6:00 pm
Central Morning 6:00 am or 8:15 am Evening 5:00 pm or 5:45 pm	Central Morning 8:15 am Evening 5:00 pm
Mountain Morning 6:30 am or 7:15 am Evening 4:45 p.m. or 6:00 pm	Mountain Morning 7:15 am Evening 6:00 pm
Pacific Morning 6:15 am or 7:00 am Evening 3:45 pm or 6:00 pm	Pacific Morning 6:15 am or 7:00 am Evening 6:00 pm
Alaska Morning 5:15 am or 8:00 am Evening 6:00 pm	Alaska Morning 5:15 am or 8:00 am Evening 6:00 pm
Hawaii Morning 8:00 am (weekdays) Morning 7:00 am (weekends) Evening 6:00 pm	Hawaii Morning 8:00 am (weekdays) Morning 7:00 am (weekends) Evening 6:00 pm

Connect via Zoom video: Go to <https://zoom.us/j/177174913>. If you open your Zoom app first, click **Join**, then enter Meeting ID 177-174-913.

Connect by phone: Call 929-205-6099 or 253-215-8782, then enter the ID 177-174-913#.

***Meditate (No connection):** For those meditating at home without online connection.