



We invite you to join in a dynamic prayer of sound (mantra), breath, and silence that awakens our own and the world consciousness to our true authority while strengthening inner peace. We will practice several times a week and encourage you to join in as often as you can. Drop in every day or come when you can. Arrive 20 minutes early if you are new to the practice.

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## Held Most Days

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### **U.S. & Canada**

**5:00 pm PT**

**(Sun, Mon, Tues, Thurs, Fri)**

Zoom Link: [tinyurl.com/awakenpeace](https://tinyurl.com/awakenpeace)

Meeting ID: 85698598043

Passcode: 217584

### **Europe**

**6:30-7:15 am CET**

**(Mon, Tues, Thurs, Fri)**

**7:00 am - 8:00 am CET (Sat)**

Zoom Link: [tinyurl.com/awakenpeaceeu](https://tinyurl.com/awakenpeaceeu)

Meeting ID: 757 599 4302

Password: namaste

*For more information contact Polly at [pollymgreen@gmail.com](mailto:pollymgreen@gmail.com)*

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## Other Groups to Join

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### **U.S. & Canada**

**7:00 pm PT (Tuesdays)**

Contact Kathryn at  
[klpoling@me.com](mailto:klpoling@me.com) for Zoom link

### **U.S. & Canada**

**4:00 pm PT (Wednesdays)**

<https://conta.cc/3NYmkqu>

Contact Christa at  
[christavoice@outlook.com](mailto:christavoice@outlook.com)

### **U.S. & Canada**

**6:00 pm PT (Wednesdays)**

Zoom Link: [tinyurl.com/awakenpeace2](https://tinyurl.com/awakenpeace2)

Password: WPM108

Contact Lilia at  
[lilia.sosedova@gmail.com](mailto:lilia.sosedova@gmail.com)

### **U.S. & Canada**

**7:00 pm PT**

**(First four Wednesdays of the month)**

Contact Joan at  
[jomaf@sbcglobal.net](mailto:jomaf@sbcglobal.net) for Zoom link

