

Enseñanzas en Español

| Hora | Titulo | Profesor |
|--------------------------------|---|--|
| 9:00 - 9:45 a.m. | 9AM -9:55AM Yoga Para La Paz Interior | Pritha Ricoy |
| 10:00 a.m. | Prayer, Introduction, and Choir Songs | Arnab & Padma, Ananda Choir |
| 10:00 -10:30 a.m. | Who is Paramhansa Yogananda: Avatar of the Energy Age? | Spanish Translation by Ananda Spanish Ministry |
| Hope for a Better World | | |
| 9:00 - 9:55 a.m. | Yoga Y Meditación Para La Paz Interior | Pritha |
| 11:00 - 11:30 .a.m | Meditación Para Principiantes | Dharana |
| 12:00 - 1:00 p.m. | Yoga Y Meditación Para El Gozo | Paul (Bilingual) |
| 1:30 - 2:15 p.m. | Pranayam (Control de Energia) & Meditación Para La Relajación | Uma |
| 2:30 - 3:15 p.m. | Claves Para La Paz Y Felicidad En La Vida Diaria | Shyama |
| Keynote Address | | |
| 5:00 p.m. | Intro J&D by Arnab & Padma; Choir | en español |
| 5:00 - 6:00 p.m. | Paramhansa Yogananda's Keys for Finding Peace and Happiness | en español |