

## GURMAT MEDITATION ENGLISH - Akath Katha & Simran Practical Schedule

**NOTE: Simran is ongoing 24X7 with the exception of the below times**

<b>DAY/TIME</b> <i>(Please refer to your country day/time)</i>		<b>India - (5:30-6:30AM) IST</b> Vancouver, Canada - (5:00-6:00PM) PDT [Previous Day] Melbourne, Australia - (10:00-11:00AM) AEST [Same Day] London, UK - (1:00-2:00AM) BST [Previous Day] Atlanta, USA - (8:00-9:00PM) EDT [Previous Day]	<b>India - (7:30-8:00AM) IST</b> Vancouver, Canada - (7:00-7:30PM) PDT [Previous Day] Melbourne, Australia - (12:00-12:30PM) AEST [Same Day] London, UK - (3:00-3:30AM) BST [Same Day] Atlanta, USA - (10:00-10:30PM) EDT [Previous Day]	<b>India - (7:30-8:00PM) IST</b> Vancouver, Canada - (7:00-7:30AM) PDT [Same Day] Melbourne, Australia - (12:00-12:30AM) AEST [Previous Day] London, UK - (3:00-3:30PM) BST [Same Day] Atlanta, USA - (10:00-10:30AM) EDT [Same Day]
<b>DAYS listed as per INDIA</b>	<b>SUNDAY</b>	Bhai Ramanpreet Singh Ji <b>GURBANI REFLECTION IN ENGLISH</b>	Children ▶ <b>SIMRAN PRACTICAL CLASS IN PUNJABI AND ENGLISH</b>	Bhai Parminder Singh Ji (60 minutes, 6:30AM PDT) <b>ENGLISH AKATH KATHA QUESTION &amp; ANSWER CLASS</b> <i>(alternating each week)</i>
	<b>MONDAY</b>	Bhai Ramanpreet Singh Ji <b>GURBANI REFLECTION IN ENGLISH</b>	<b>Simran Jaap as per regular 24X7 schedule</b>	Bhai Joginder Singh Ji <b>GUIDED SIMRAN PRACTICAL IN ENGLISH</b>
	<b>TUESDAY</b>	Bhai Ramanpreet Singh Ji <b>GURBANI REFLECTION IN ENGLISH</b>	<b>Simran Jaap as per regular 24X7 schedule</b>	Bhai Joginder Singh Ji <b>GUIDED SIMRAN PRACTICAL IN ENGLISH</b>
	<b>WEDNESDAY</b>	Bhai Ramanpreet Singh Ji <b>GURBANI REFLECTION IN ENGLISH</b>	<b>Simran Jaap as per regular 24X7 schedule</b>	Bhai Joginder Singh Ji <b>GUIDED SIMRAN PRACTICAL IN ENGLISH</b>
	<b>THURSDAY</b>	Bhai Ramanpreet Singh Ji <b>GURBANI REFLECTION IN ENGLISH</b>	<b>Simran Jaap as per regular 24X7 schedule</b>	Bhai Joginder Singh Ji <b>GUIDED SIMRAN PRACTICAL IN ENGLISH</b>
	<b>FRIDAY</b>	Bhai Ramanpreet Singh Ji <b>GURBANI REFLECTION IN ENGLISH</b>	<b>Simran Jaap as per regular 24X7 schedule</b>	Bhai Joginder Singh Ji <b>GUIDED SIMRAN PRACTICAL IN ENGLISH</b>
	<b>SATURDAY</b>	Bhai Ramanpreet Singh Ji <b>GURBANI REFLECTION IN ENGLISH</b>	Children ▶ <b>SIMRAN PRACTICAL CLASS IN PUNJABI AND ENGLISH</b>	Children ▶ <b>SIMRAN PRACTICAL CLASS IN PUNJABI AND ENGLISH</b>