

God Is Breath Course 1
Breath, Concentration, and the God Ideal
Meeting Calendar & Materials Links

3rd Sundays at 11 AM
 USA Pacific Time PST/PDT (UTC-8, UTC-7 on Summer Time)
 For USA & Canada Summer Time begins **12 March**, ends **5 November**
 For UK & Poland Summer Time begins **26 March**, ends **29 October**

Lesson 01		
Zoom Session 1	Sunday 19 Feb 2023	11 AM (UTC-8) — UK = 7 PM, Pol = 20 h
Zoom Session 2	Sunday 19 Mar 2023	USA/Canada on Summer Time 12 Mar 11 AM (UTC-7) — UK = 6 PM, Pol = 19 h
Zoom Session 3	Sunday 16 April 2023	UK & Poland on Summer Time 26 Mar 11 AM (UTC-7) — UK = 7 PM, Pol = 20 h
Link to Lesson 1 Materials & Resources Password: ..Ya.1Raqib. <i>(there are 4 periods in this password)</i>		
Lesson 02		
Zoom Session 4	Sunday 21 May 2023	11 AM (UTC-7) — UK = 7 PM, Pol = 20 h
Zoom Session 5	Sunday 18 June 2023	11 AM (UTC-7) — UK = 7 PM, Pol = 20 h
Zoom Session 6	Sunday 16 July 2023. I am at Mendocino Sufi Camp. Do we skip July, or find another date? 9 or 30 July works for me.	11 AM (UTC-7) — UK = 7 PM, Pol = 20 h
Link to Lesson 2 Materials & Resources Password: ?Ahad?2Samad?		
Lesson 03		
Zoom Session 7	Sunday 20 August 2023	11 AM (UTC-7) — UK = 7 PM, Pol = 20 h
Zoom Session 8	Sunday 17 September 2023	11 AM (UTC-7) — UK = 7 PM, Pol = 20 h
Zoom Session 9	Sunday 15 October 2023	11 AM (UTC-7) — UK = 7 PM, Pol = 20 h UK off Summer Time 29 Oct
Link to Lesson 3 Materials & Resources Password: !Hakam3#Hakim!		
Lesson 04		
Zoom Session 10	Sunday 19 November 2023	USA/Canada off Summer Time 5 Nov 11 AM (UTC-8) — UK = 7 PM, Pol = 20 h
Zoom Session 11	Sunday 17 December 2023	11 AM (UTC-8) — UK = 7 PM, Pol = 20 h
Zoom Session 12	Sunday 21 January 2024	11 AM (UTC-8) — UK = 7 PM, Pol = 20 h
Link to Lesson 4 Materials & Resources Password: +Irfan@4Ether+ <i>(there are 2 @ symbols in this password)</i>		
Final Session – Recap, Looking Ahead, Questions		
Zoom Session 13	Sunday 18 February 2023	11 AM (UTC-8) — UK = 7 PM, Pol = 20 h
(More info about this final session later. Link not ready yet)		