

## Spiritual NVC - A 12 Month Online Program with Guests

Dates	Zürich	New Delhi	Singapore	Sydney	New Zealand
21st September 2019	5:00 AM	8:30 AM	11:00 AM	1:00 PM	3:00 PM
21st October 2019	5:00 PM	8:30 PM	11:00 PM	2:00 AM	4:00 AM 22nd
21st November 2019	5:00 AM	9:30 AM	noon	3:00 PM	5:00 PM
21st December 2019	5:00 PM	9:30 PM	midnight	3:00 AM	5:00 AM 22nd
21st January 2020	5:00 AM	9:30 AM	noon	3:00 PM	5:00 PM
21st February 2020	5:00 PM	9:30 PM	midnight	3:00 AM	5:00 AM 22nd
21st March 2020	5:00 AM	9:30 AM	noon	3:00 PM	5:00 PM
21st April 2020	5:00 PM	8:30 PM	11:00 PM	1:00 AM	3:00 AM 22nd
21st May 2020	5:00 AM	8:30 AM	11:00 AM	1:00 PM	3:00 PM
21st June 2020	5:00 PM	8:30 PM	11:00 PM	1:00 AM	3:00 AM 22nd
21st July 2020	5:00 AM	8:30 AM	11:00 AM	1:00 PM	3:00 PM
21st August 2020	5:00 PM	8:30 PM	11:00 PM	1:00 AM	3:00 AM 22nd

next day on the 22nd

Dates	Zürich	West Coast	Central Time	Eastern Time
21st September 2019	5:00 AM	8:00 PM	10:00 PM	11:00 PM 20th
21st October 2019	5:00 PM	8:00 AM	10:00 AM	11:00 AM
21st November 2019	5:00 AM	8:00 PM	10:00 PM	11:00 PM 20th
21st December 2019	5:00 PM	8:00 AM	10:00 AM	11:00 AM
21st January 2020	5:00 AM	8:00 PM	10:00 PM	11:00 PM 20th
21st February 2020	5:00 PM	8:00 AM	10:00 AM	11:00 AM
21st March 2020	5:00 AM	9:00 PM	11:00 PM	midnight 20th/21st
21st April 2020	5:00 PM	8:00 AM	10:00 AM	11:00 AM
21st May 2020	5:00 AM	8:00 PM	10:00 PM	11:00 PM 20th
21st June 2020	5:00 PM	8:00 AM	10:00 AM	11:00 AM
21st July 2020	5:00 AM	8:00 PM	10:00 PM	11:00 PM 20th
21st August 2020	5:00 PM	8:00 AM	10:00 AM	11:00 AM

day before on the 20th