World Meditation Day 2026

Final Concept Note

Theme: Holistic Well-being and Peace

20–21 December 2026 | Hybrid celebration

Jointly organised by
United Consciousness
European Yoga Federation

Overview

World Meditation Day 2026 will bring together meditation masters, teachers, scholars and communities from the six inhabited continents for a shared celebration of learning, meditation, prayer and silence. The two-day programme will connect a global online audience with in-person gatherings at participating masters' own centres.

Regional sessions on Sunday, 20 December will lead to a common global gathering on Monday, 21 December, the United Nations World Meditation Day. The celebration will include the launch of a meditation booklet and conclude with collective silent meditation for peace and global well-being.

Central idea

The theme explores holistic well-being through its physical, mental, emotional, social and spiritual dimensions. It connects personal contemplative practice with compassion, peaceful relationships and care for the wider world. Participating traditions will share their distinctive teachings while creating opportunities for respectful exchange and shared practice.

Objectives

- Offer accessible experiences of meditation under the guidance of authentic teachers from diverse traditions.
- Encourage dialogue across cultures and traditions on holistic well-being and peace.
- Publish an introductory resource on the meaning, global traditions, art and science of meditation.
- Connect local communities through a common observance and encourage regular practice beyond the event.

Global participation and format

Participants and representation

The celebration will bring together spiritual masters, meditation teachers, tradition representatives, contemplative scholars, researchers, educators, community leaders, young people and the wider public. Both experienced practitioners and people beginning meditation are welcome.

Participation will seek representation **from Asia, Oceania, Europe, Africa, North America and South America. Masters will contribute from their own locations, linking their local communities with participants worldwide.**

Traditions and perspectives

The programme will have **contributions from yogic and Sanatana traditions; Buddhist, Jain and Sikh traditions; Christian and Jewish contemplative approaches; Islamic and Sufi traditions; Daoist and other East Asian traditions; community-authorised Indigenous and local traditions; and contemporary secular approaches.**

Each teacher will introduce the practice in its own cultural and spiritual context. The celebration will respect differences in terminology, purpose and method, with space for people of every faith and those with no religious affiliation.

Hybrid participation

- **Online:** Masters will offer teachings, guided practices and reflections through a shared international broadcast.
- In person: Participating centres may host local gatherings, join the relevant broadcast and facilitate practice within their communities.
- Global gathering: Masters will reunite online on 21 December, with communal viewing at centres where local timing permits.

Programme character

Talks and teachings will introduce meditation and its relevance to everyday life. Guided and silent practices will form the experiential core, supported by dialogue, prayers and reflections for humanity. **English will serve as the common language,** masters may bring interpreters if they need.

On 20th December 2026: Every talk is of 10 minutes meditation is of 12 minutes, and prayer is of 10 minutes. Out of this allotted time one minute will be Utilised for introduction of the guest, so effective time with the guest will be one minute less than whatever is mentioned above. Respecting all other guests all the honourable guests are requested to kindly observe effective utilization of the time they have and conclude in the given time itself.

Programme at a glance

Sunday 20 December 2026

Three regional sessions will enable masters and communities to participate across different parts of the world. Each three-hour session will combine teachings, practical meditation, dialogue and prayers for well-being and peace.

Time in IST	Regional focus
09:00–12:00	India and Australia, with wider Asian and Oceanian participation
13:30–16:30	Europe and Africa
19:30–22:30	North and South America

The regional groupings guide participation; teachers from any tradition may contribute in any region. Local centres may hold complementary activities around their shared session.

Monday 21 December 2026

The common global gathering will bring participating masters together for the booklet launch, brief messages and collective meditation. The indicative window is 18:00–20:00 IST, subject to confirmation across regions.

Time in IST	Duration	Programme
18:00–18:05	5 Mins	Welcome
18:05–18:15	10 Mins	Joint opening message and shared intention*
18:15–18:22	7 Mins	Introduction and launch of the meditation booklet
18:22–18:30	7 Mins	UC+ EYF Introduction + UCC Invitation
18:30–18:45	15 Mins	Glimpses of participating centers and one-line messages from masters
18:45–19:00	15 Mins	Unveiling of Multilingual expressions of **“Peace and Well-Being for All”,**
19:00–19:30	30 Mins	Unveiling “**Prayers for Peace and Well-Being”**
19:30–19:40	10 Mins	Live Joint opening messages*
19:40–20:00	20 Mins	Uninterrupted silent meditation for peace and global well-being

All times are Indian Standard Time, IST, UTC+05:30. The final faculty sequence will preserve the two-hour gathering and its closing 20 minutes of silence.

*** 21st December 2026: These will be only one liner join messages (not in detail) because masters from all parts of the globe will be here. They can just give one liner message in their language and send us the English transcript of it so that we can display it while they are saying it.**

Publication and continuing contribution

Meditation booklet

The celebration will launch Meditation for Holistic Well-being and Peace, an introductory booklet. It will provide a clear, accessible resource for participants and a foundation for further learning. Understanding meditation: Definitions, purposes and the different meanings used within traditions.

- The art of meditation: Preparation, posture, attention, regularity and integration into everyday life.
- The science of meditation: An accessible account of research, including the scope and limitations of available evidence.
- Further learning: References, contributor details and guidance for continuing practice.

An accessible English digital edition will be made available at launch.

Peace and well-being in many languages

1. Masters and participating centres will contribute culturally appropriate expressions for peace and well-being in the languages of their communities. They are requested to send a prerecorded message in their own language saying: "**Peace and Well-Being for All**".
2. And also send a prerecorded one or two liner prayer **for Peace and Well-Being in their own language. (Also send us the written script of the prayer with its meaning in English)**

Selected contributions will feature in the global gathering and the booklet, using native scripts, transliterations and English explanations where needed. This collection will reflect the linguistic diversity of participants and remain open to expansion.

Expected contribution

The celebration aims to deepen public understanding of meditation, enable direct experience of diverse practices and strengthen connections among teachers and communities. Its continuing resources will include the booklet, permitted recordings and the multilingual collection. Follow-up will encourage regular practice and collaboration among participating centres.

20 December India and Australia

Live regional session • 180 minutes • All times IST

4 Talks+ 6 Meditations + 2 Prayers = 12 Slots/ Event

Time IST	Min	Programme and lead
09:00–09:05	5	Welcome and connection of participating centres Regional host
09:05–09:10	5	Opening invocation or prayer with an invitation to silent participation Invited tradition representative
09:10–09:20	10	Talk 1
09:20–09:30	10	Talk 2
09:30–09:30	10	Talk 3
09:30–09:40	10	Talk 4
09:40–09:55	15	Meditation 1
09:55–10:05	10	UC+ EYF Introduction + UCC Invitation
10:05–10:20	15	Meditation 2
10:20–10:35	15	Meditation 3
10:35–10:50	15	Meditation 4
10:50–10:55	5	UC/EYF Introduction/UCC Invitation
10:55–11:10	15	Meditation 5
11:15–11:30	15	Meditation 6
11.30-11.40	10	Prayer 1
11.40-11.50	10	Prayer 2
11:50–12:00	10	Closing reflection and handover to Europe and Africa Regional host

Annexure B: Programme architecture and world times

All master programme times in this draft use the 24-hour clock in Indian Standard Time, IST, UTC+05:30. Continents contain several time zones; the regions below identify faculty coordination groups, not a single continental time zone. City-specific invitations must accompany the final programme.

Date and session	IST	UTC	Regional lead
20 December • Session 1	09:00–12:00	03:30–06:30	India and Australia, with wider Asia and Oceania participation
20 December • Session 2	13:30–16:30	08:00–11:00	Europe and Africa
20 December • Session 3	19:30–22:30	14:00–17:00	North and South America
21 December • Global gathering	18:00–20:00	12:30–14:30	All regions together • proposed time

Regional participation on 20 December

Session	Illustrative local times on 20 December
India and Australia	Delhi 09:00–12:00; Perth 11:30–14:30; Brisbane 13:30–16:30; Sydney 14:30–17:30; Tokyo 12:30–15:30.
Europe and Africa	London and Accra 08:00–11:00; Paris and Lagos 09:00–12:00; Johannesburg and Cairo 10:00–13:00; Nairobi 11:00–14:00.
The Americas	Los Angeles 06:00–09:00; Mexico City 08:00–11:00; New York and Bogotá 09:00–12:00; São Paulo and Buenos Aires 11:00–14:00.

Global gathering on 21 December

Location	Local time for the proposed common gathering
Delhi / London / Paris	18:00–20:00 / 12:30–14:30 / 13:30–15:30, 21 December
Johannesburg / Nairobi	14:30–16:30 / 15:30–17:30, 21 December
New York / Los Angeles	07:30–09:30 / 04:30–06:30, 21 December
São Paulo / Buenos Aires	09:30–11:30, 21 December
Perth / Brisbane	20:30–22:30 / 22:30 on 21 December to 00:30 on 22 December
Sydney / Auckland	23:30 on 21 December to 01:30 on 22 December / 01:30–03:30 on 22 December