



Region	Gender	Days	Latihan Start Time	Call In Phone Number	Access #
California	Men	Every Saturday	10:45 AM PT	425-436-6308	423735#
	Women	Every Saturday	10:45 AM PT	605-313-4415	529243#
East Coast	Men	1st & 3rd Sundays	8:00 PM ET	605-468-8004	531735#
	Women	Every Monday	8:00 PM ET	605-313-5104	398661#
Midwest	Men	Every Tuesday	7:15 CT/8:15	712-775-7200	167314#
	Women	Every Tuesday	7:15 CT/8:15	712-451-0200	668651#
Pacific Islands	Men	none at this time			
	Women	2nd and last Thursdays	7:30 PM HT	605-313-4100	445322#
Pacific Northwest	Men	Every Sunday	11:00 AM PT	Use any of these 425-436-6260 712-832-8330 605-475-2879	8632438#
		Every Tuesday	11:00 AM PT		
	Women	1st Monday	7:30 PM PT	Use any of these 425-436-6260 712-832-8330 605-475-2879	
		3rd Thursday	7:30 PM PT		
Rocky Mountains	Men	none at this time			
	Women	Every Sunday	2:15 PM MT	* Starts Mar 25 971 224-6576	677260#
		Every Tuesday	6:45 PM MT		
	Bi-Weekly Wed	7:30 PM MT			
South	Men	2nd & 4th Thurs.	7:30 PM CT	712-432-1500	370601#
	Women	2nd & 4th Thurs.	7:30 PM CT	605-313-4839	968465#

Notes:

There are several ways to do latihan together:

1. You can call-in, say your name, then get quiet and do latihan with the phone lines open. If you want to stay on the line, there is time for conversation after the latihan and finall quiet time. Please don't use headsets/earbuds during latihan as we will hear every breath you make and any rustling noises.

A Regional Helper will start and stop the latihan

2. If you do not want to call in, you are invited to simply do latihan with us at the same time.

3. Also, you may prefer to do latihan on your own ("offline"), then call in at the end of latihan for greetings and conversation.

Please take this opportunity to do latihan together in a way that is most comfortable for you.

Additional information on regional latihan is listed on the following pages.

Please send any call-in schedule corrections to info@subudusa.org.



REGIONAL CALL-IN LATIHANS - OPEN TO ALL

CALIFORNIA REGION

Men: Every Saturday 10:45 AM PT

425-436-6308 423735#

Women: Every Saturday 10:45 AM PT

605-713-4415 529243#

10:20 A.M. - Call in

10:30 A.M. - Quiet begins

10:45 A.M. - 11:15 A.M. - Latihan

11:15 - 11:25 A.M. - Quiet time after latihan

11:25 A.M. - Test questions

EAST COAST REGION

Men: 1st and 3rd Sundays of every month

Women: Every Monday night

Dial-in Numbers

Men: Women: 605-468-8004 Access Code 531735#

605-313-5104 Access Code 398661#

Times (ET)

7:45 pm

7:55 pm Quiet time (don't call in yet)

8:00 pm Call in, announce yourself and remain quiet Latihan

8:30 pm starts (a helper will say 'begin') Latihan ends (a

8:35 pm helper will say 'finish') Greetings and conversation

(optional)

MIDWEST REGION

There are several ways to do latihan together:

1. You can call in, say your name, then we get quiet and do latihan with the phone lines open. If you want to stay on the line, there is time for conversation after the latihan and final quiet time.
2. If you do not want to call in, you are invited to simply do latihan with us at the sametime.
3. Also, you may prefer to do latihan on your own ("offline"), then call in at the end of latihan for greetings and conversation.

Please take this opportunity to do latihan together in a way that is most comfortable for you.

Dates

Every Tuesday

Please note there is a separate procedure for men and women

Women

Dial-in Number:	712-451-0200 Access Code 668651# Times
8:00pm ET/7:00pm CT	Call in and announce yourself 8:05pm
ET/7:05pm CT	Quiet time begins
8:15pm ET/7:15pm CT	Latihan starts (a helper will say 'begin')
8:45pm ET/7:45pm CT	Latihan ends (a helper will say 'finish') followed by quiet time 8:50pm
ET/7:50pm CT	Greetings and conversation (optional)

Men

Dial-in Number:	712-775-7200 Access Code 167314# Times
8:00pm ET	Call in. Latihan will begin shortly thereafter

PACIFIC ISLANDS REGION

Men: none at this time

Women: 2nd and last Thursday of each month

Dial-in number: 605-313-4100 **Access code:** 445322#

PACIFIC NORTHWEST REGION

Dates

Every Sunday and Tuesday at 11:00 am; 1st Monday / 3rd Thursday at 7:30 pm

Dial-in Numbers

Men and women may dial in on any of the following numbers, then use either the men's or women's code below to access your call:

425-436-6260

712-832-8330

605-475-2879

Women's Access Code: 242 6147#

Men's Access Code: 863 2438#

ROCKY MOUNTAIN REGION

Dates

Men: None at this time

Women: Every Sunday 2:15 PM MT.

Every Tuesday 6:45 PM MT

Bi-Weekly Wed 7:30 PM MT

Every Thursday 6:45 PM MT

Dial-in number: 971 224-6576

Access Code: 677260#

6:45pm	Quiet time (don't call in yet)
6:55pm	Call in, announce yourself, and remain quiet
7:00pm	Latihan starts promptly (a helper will say 'begin')
7:30pm	Latihan ends (a helper will say 'finish')
7:35pm	Greetings and conversation (optional)

We suggest that after you dial in and announce yourself, put your phone on speaker phone and set it down and ignore it. It is just there so you can faintly hear the rest of us doing latihan and we hear you. Please don't use headsets/earbuds as we will hear every breath you make, and rustling noises. If you have room noises happen, like someone walking in or a dog barking then switch it to mute and we won't hear you. If you are at all uncomfortable doing the latihan with the phone on, you can call in, announce yourself and then hang up and just do a simultaneous latihan. We look forward to chatting with you soon and doing latihan together,

Helena Owens, Regional Helper Darlene Olds,
Regional Helper

SOUTH REGION

2nd & 4th Thursday, 7:30 pm CT

Dial-in numbers

Women: 605-313-4839 **Access Code:** 968465#

Men: 712-432-1500 **Access Code:** 370601#