

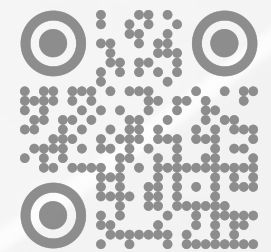
# @2:50 Insight Daily

Enjoy more clarity, resilience, & focus *with ten minutes of mindfulness*.  
Free to everyone, everywhere, every day. No registration or experience needed.

	EUROPA	ATLANTICA	PACIFICA
Sydney	11:50 pm	6:50 am	9:50 am
Tokyo	9:50 pm	4:50 am	7:50 am
Delhi	6:20 pm	1:20 am	4:20 am
Yekaterinburg	5:50 pm	12:50 am	3:50 am
<b>Helsinki</b>	<b>@2:50 pm</b>	9:50 pm	12:50 am
London	12:50 pm	12:50 pm	10:50 pm
Rio de Janeiro	9:50 am	9:50 am	7:50 pm
<b>New York</b>	7:50 am	<b>@2:50 pm</b>	5:50 pm
Mexico City	5:50 am	12:50 pm	4:50 pm
<b>Vancouver</b>	4:50 am	11:50 am	<b>@2:50 pm</b>
Honolulu	2:50 am	9:50 am	12:50 pm

*All times in Standard Time. Please adjust accordingly if your time zone has daylight savings.*

Everything works better again if we unplug it for a bit, including our minds.  
Simply put, we meet live daily with minimal guidance for ten minutes of mindful quiet together.  
All people, backgrounds, and practices are welcome.



[at250.org](https://at250.org)