



MENOBOSSE GLOBAL

THE 24 HOURS AT A GLANCE

Global Power Surge

World Menopause Day · Sunday 18 October 2026

A free day of conversation that follows the sun around the world, streamed live on YouTube and powered by MenoBoss. Your own session time, in your own clock, is on your personal card.

When the day opens and closes where you are

WHERE YOU ARE	THE DAY OPENS	THE DAY CLOSES
Aotearoa New Zealand	9:30 am Sunday	9:30 am Monday
India	2:00 am Sunday	2:00 am Monday
Switzerland	10:30 pm Saturday	10:30 pm Sunday
United Kingdom	9:30 pm Saturday	9:30 pm Sunday
US East Coast	4:30 pm Saturday	4:30 pm Sunday

The programme

SUNDAY 18 OCTOBER · NEW ZEALAND TIME

9:30 am	Opening by Karen Bleach-Wood (IST 2am · UK 9:30pm Sat · CEST 10:30pm Sat · EDT 4:30pm Sat)
9:45 am	Founder's opening remarks by Annu Sharma (IST 2:15am · UK 9:45pm Sat · CEST 10:45pm Sat · EDT 4:45pm Sat)
10:00 am	Menopause and neurodiversity with Kate Dumas (IST 2:30am · UK 10pm Sat · CEST 11pm Sat · EDT 5pm Sat)

FREE · ONLINE · 24 HOURS

Sunday 18 October 2026 · globalpowersurge.com

10:55 am	<i>Morning tea</i> (IST 3:25am · UK 10:55pm Sat · CEST 11:55pm Sat · EDT 5:55pm Sat)
11:05 am	Zankhna's story (IST 3:35am · UK 11:05pm Sat · CEST 12:05am · EDT 6:05pm Sat)
12:05 pm	Shift your mindset: somatic breathwork session with Annu Breathing and body-based practice to shift how you feel. (IST 4:35am · UK 12:05am · CEST 1:05am · EDT 7:05pm Sat)
1:00 pm	<i>Lunch break</i> (IST 5:30am · UK 1am · CEST 2am · EDT 8pm Sat)
2:00 pm	Chronic pain masterclass (IST 6:30am · UK 2am · CEST 3am · EDT 9pm Sat)
3:45 pm	<i>Afternoon tea</i> (IST 8:15am · UK 3:45am · CEST 4:45am · EDT 10:45pm Sat)
4:00 pm	The MFactor film (IST 8:30am · UK 4am · CEST 5am · EDT 11pm Sat)
5:30 pm	Setting the pace for the day: 9D Breathwork session (IST 10am · UK 5:30am · CEST 6:30am · EDT 12:30am)
6:30 pm	Menoveda with Tamanna Singh (IST 11am · UK 6:30am · CEST 7:30am · EDT 1:30am)
8:30 pm	<i>Dinner break</i> (IST 1pm · UK 8:30am · CEST 9:30am · EDT 3:30am)
9:30 pm	Miyara Health, first session, with Sanjana Rao (IST 2pm · UK 9:30am · CEST 10:30am · EDT 4:30am)
10:30 pm	<i>Break</i> (IST 3pm · UK 10:30am · CEST 11:30am · EDT 5:30am)
11:00 pm	Chronic pain masterclass · encore (IST 3:30pm · UK 11am · CEST 12pm · EDT 6am)
MONDAY 19 OCTOBER · NEW ZEALAND TIME	
12:45 am	Zankhna's story · encore (IST 5:15pm · UK 12:45pm · CEST 1:45pm · EDT 7:45am)
1:30 am	Evening meditation with Richa Das (IST 6pm · UK 1:30pm · CEST 2:30pm · EDT 8:30am)
2:30 am	Miyara Health, second session (IST 7pm · UK 2:30pm · CEST 3:30pm · EDT 9:30am)

FREE · ONLINE · 24 HOURS

Sunday 18 October 2026 · globalpowersurge.com

3:30 am	Konenki Menopause Solutions with Paula Brown (IST 8pm · UK 3:30pm · CEST 4:30pm · EDT 10:30am)
5:30 am	United Kingdom session (IST 10pm · UK 5:30pm · CEST 6:30pm · EDT 12:30pm)
7:00 am	<i>Break</i> (IST 11:30pm · UK 7pm · CEST 8pm · EDT 2pm)
7:15 am	Brain fog and menopause (IST 11:45pm · UK 7:15pm · CEST 8:15pm · EDT 2:15pm)
8:15 am	<i>Break</i> (IST 12:45am Mon · UK 8:15pm · CEST 9:15pm · EDT 3:15pm)
8:30 am	Closing: your place in the Menopause Champion first cohort, by application (IST 1am Mon · UK 8:30pm · CEST 9:30pm · EDT 3:30pm)

Times show when each session starts, in New Zealand time (NZDT), with the same moment in brackets for India (IST), the United Kingdom (BST, shown as UK), Switzerland (CEST) and the US East Coast (EDT). Sat means Saturday 17 October and Mon means Monday 19 October.

Questions: hello@menobossglobal.com

FREE · ONLINE · 24 HOURS

Sunday 18 October 2026 · globalpowersurge.com