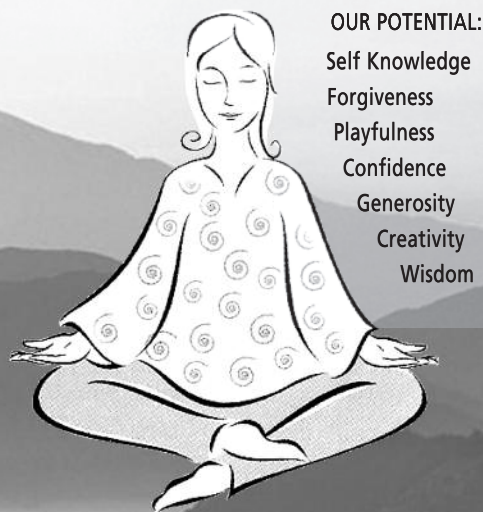


When you practice **Sahaja Meditation**,
your mind becomes peaceful and calm.
Your body relaxes. You feel good!

A few minutes of Sahaja Meditation is
rejuvenating. You rediscover your sense
of joy. You get inspired. You express your
love more.

Sahaja Meditation is always free.



SAHAJA MEDITATION

tristatemeditation.org

ALWAYS FREE

212-269-9642

SAHAJA MEDITATION

A few minutes of Sahaja Meditation yield amazing results. Our nervous system calms down and our out-of-control thoughts slow down. We are able to speak and act in an effective, balanced way.

In this hectic world, we sometimes push ourselves too hard, or we are too emotional and self-indulgent. When we practice Sahaja Meditation, we can fully become our best selves. We can feel the joy of our connection to others.

The state of Sahaja Meditation has been felt and enjoyed for thousands of years. It has been taught by masters in India as part of the yogic tradition. Shri Mataji Nirmala Devi, born in India in 1923, created Sahaja Meditation as a simple way to attain inner calm and self-knowledge.



SHRI MATAJI NIRMALA DEVI
Founder of Sahaja Meditation

New York

MANHATTAN

MIDTOWN
Tuesdays 7:00 p.m.
Wednesdays 7:00 p.m.
Center for Arts Education
"14 Penn Plaza"
225 West 34th Street, 11th flr

NYU
Wednesdays 6:30 p.m.
Check website for details

HARLEM *Check website for details*
Every other Thursday 6:30 p.m.
Harlem Branch Public Library
9 West 124th Street

BRONX
Wednesdays 6:45 p.m.
4611 White Plains Road

BROOKLYN
Fridays 6:45 p.m.
Education Center
2416 65th Street

QUEENS

Mondays 6:00 p.m.
44-01 Broadway, Astoria

WHITE PLAINS
Wednesdays 7:15 p.m.
YWCA, 515 North St.

Program for Children
Once a month
Harlem Branch Public Library
Check website for details

New Jersey

EDISON
Sundays 11:30 a.m.
37 Meridian Road
Info: 908-431-5856

EDGEWATER
Thursday mornings 9:30 a.m.
Edgewater Community Center

HACKENSACK
Fridays 7:30 p.m.
Center for Modern Dance
84 Euclid Avenue

OLD BRIDGE
Fridays 7:30 p.m.
Info: 732-656-1021

Program for Children
En español e ingles
Saturdays 12:00 noon
Union City Public Library

Connecticut

MANCHESTER Tuesdays 6:45 p.m. • Whiton Library, 100 North Main Street

NORWALK Mondays 7:30 p.m. • Norwalk Public Library, 1 Belden Avenue

Meetings are sometimes changed or cancelled. Check our local website, tristatemeditation.org or call the phone number below to confirm meeting locations and dates.

tristatemeditation.org

ALWAYS FREE

212-269-9642