

SAHAJA MEDITATION WORKS FAST

Sahaja Meditation is based on traditional meditation, but it is unique because of how quickly it works. Ten minutes a day brings results.

Sahaja Meditation helps you become your best. The potential is there, inside you. By learning how to dissolve stress, how to become quiet inside, you can discover what you are truly capable of.

All classes are free. You don't need a mat or special clothes. When you meditate



every day, you gain personal power and notice an increase in self-awareness.

Sahaja Meditation helps you become more focused and energized, able to tackle the challenges of life with humor and creativity. You are invited to visit a class. Bring a friend.

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.
Kimmel Center
Check website for details

HARLEM - TUESDAYS
Program for children once a month
Tuesdays 6:00 p.m.
Harlem Branch Public Library
9 West 124th Street

HARLEM - THURSDAYS
Thursdays 6:15 p.m.
Countee Cullen Library
104 West 136th Street

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

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

WESTCHESTER COUNTY
HARRISON
Tuesdays 7:00 p.m.
218 Harrison Ave.

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

New Jersey EDISON

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

EDGEWATER / TEANECK
Info: 201-837-6125

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

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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

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