

# 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, 11<sup>th</sup> 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](http://tristatemeditation.org) or call the phone number below to confirm meeting locations and dates.

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