

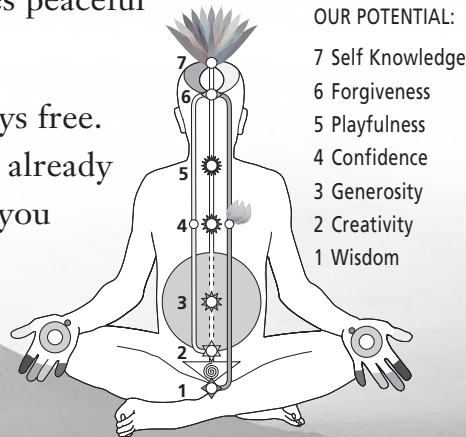
SAHAJA MEDITATION

Nothing feels as good

A few minutes of Sahaja Meditation is refreshing and rejuvenating. You rediscover your sense of perspective and stop worrying. Your body relaxes. You feel good!

When you practice Sahaja Meditation, the non-stop buzz — thoughts, ideas, plans, reactions — slows down. Your mind becomes peaceful and calm.

Sahaja Meditation is always free. You activate the potential already within you, the potential you were born with.



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 floor

NYU Check website for details
Mondays 7:00 p.m.

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

WASHINGTON HEIGHTS
Mondays 7:30 p.m.
The Cornerstone Center
178 Bennett Avenue, 2nd flr

BRONX
Wednesdays 7:15 p.m.
301 E. Kingsbridge Road, 3rd flr

BROOKLYN

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

QUEENS

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

WHITE PLAINS

Wednesdays 7:00 p.m.
YWCA, 515 North St.

New Jersey

EDISON
Sundays 11:30 a.m.
37 Meridian Road
Info: 732-248-8748

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

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

TEANECK
FDU - Fitness Center
1000 River Road
Info: 201-655-9037

Clases semanales en español
Info: 201-952-9485

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.