

# 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.

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## 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

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## 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](http://tristatemeditation.org) or call the phone number below to confirm meeting locations and dates.

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[tristatemeditation.org](http://tristatemeditation.org)

**ALWAYS FREE**

**212-269-9642**

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