

## Sahaja Meditation Works Fast

Learn how to dissolve stress. Completely relax, by becoming quiet inside.

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

When you meditate every day, you gain personal power and notice an increase in self-awareness. And, you don't need a mat or special clothes.



Sahaja Meditation helps you become more focused and energized. You're able to tackle the challenges of life with humor and creativity.

You are invited to visit a class — they're always free. 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, 11<sup>th</sup> 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**  
Thursdays 9:45 a.m.  
Edgewater Recreation 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

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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.

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

**ALWAYS FREE**

**212-269-9642**

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