

Sahaja Meditation Works Fast

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

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

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.

You are invited to visit a class — they're always free.

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New York MANHATTAN

HARLEM

Tuesdays 6:00 p.m.
Harlem Branch Public Library
9 West 124th Street

There is also a program for children once a month

MIDTOWN

Tuesdays 7:00 p.m.
Center for Arts Education
"14 Penn Plaza"
225 West 34th Street, 11th floor

NYU

Check tristatemeditation.org

BROOKLYN

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

QUEENS

Check our website, tristatemeditation.org, for details

WESTCHESTER COUNTY HARRISON

Tuesdays 7:00 p.m.
218 Harrison Ave.

WHITE PLAINS

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

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New Jersey EDISON

Sundays 11:30 a.m.
37 Meridian Road

EDGEWATER

Thursdays 9:30 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

RIVER EDGE

Saturdays 10:30 a.m.
River Edge Library
685 Elm Avenue

SOMERSET

Saturdays 11:00 a.m.
Franklin Township Library

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Tuesdays 6:45 p.m.
Whiton Library

NORWALK

Mondays 7:30 p.m.
Norwalk Public Library
1 Belden Avenue

NEW HAVEN

Thursdays 7:00 p.m.
Never Ending Book Store
810 State Street

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