



Sahaja Meditation is simple.

Anyone can do it,

and it's free.

relax • recharge

free meditation workshops

info: 212-269-9642

tristatemeditation.org

## 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.

### **New York** **MANHATTAN**

**MIDTOWN**  
Tuesdays 7:00 p.m.  
Center for Arts Education  
"14 Penn Plaza"  
225 West 34th Street, 11<sup>th</sup> floor

**NYU**  
Check [tristatemeditation.org](http://tristatemeditation.org)

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

*There is also a program for children once a month*

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

**QUEENS**  
Check our website, [tristatemeditation.org](http://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.

### **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

**Connecticut**  
**MANCHESTER**  
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

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

**ALWAYS FREE**

212-269-9642