

We invite you to attend a Sahaja Yoga Meditation meeting and learn how to:

- completely relax
- dissolve stress
- become quiet inside
- be more focused
- get energized

Sahaja Yoga Meditation is unique. It's easy to learn and it works quickly. Five minutes a day brings results. You are invited to visit a class — they're always free.

When we practice Sahaja Yoga Meditation, we become peaceful and calm. There are fewer obsessive or uncontrollable thoughts. We find we are able to speak and act in an effective, balanced way.

A few minutes of Sahaja Yoga Meditation is rejuvenating. We rediscover our sense of joy; we get inspired; and we are able to express our love more.

Not only is it easy to practice Sahaja Yoga Meditation; it is easy to give the experience of the meditation to others.

Sahaja means "born with you" in Sanskrit. This is why Sahaja Yoga Meditation is always taught without charge: We are all born with the potential to become our best selves — peaceful, generous, creative. The meditation allows us to use more of our inborn potential.



The state of meditation has been enjoyed for thousands of years. It has been taught by masters in India as part of the

ancient yogic tradition.

In 1970 Mrs. Nirmala Srivastava began teaching Sahaja Yoga, a method that anyone could use to experience the state of meditation in just a few minutes. The method was a



breakthrough because it worked so quickly, unlike traditional yoga practices.

Mrs. Srivastava was known throughout the world as "Shri Mataji," which means "Mother." She taught hundreds of thousands of people how to meditate. Shri Mataji visited the U.S. several times to teach the simple technique of Sahaja Yoga Meditation.

Shri Mataji dedicated her life to humanity's spiritual evolution and to bringing peace, fulfillment and self-knowledge to every human being.



Sahaja Yoga Meditation
is simple,
and it's free.

weekly meditation classes
relax • recharge

NEW YORK

New York City

MANHATTAN

UPPER EAST SIDE

Tuesdays at 6:30 p.m.

3 East 64th Street (Consulate General of India)

HARLEM

Tuesdays at 6:00 p.m.

Harlem Branch Public Library, 9 West 124th Street

MIDTOWN

Tuesdays 7:00 p.m.

Center for Arts Education, 520 Eighth Avenue

North Tower, 9th floor

BROOKLYN

Tuesdays at 6:45 p.m.

Brooklyn Public Library, Crown Heights Branch

560 New York Ave

Fridays at 7:00 p.m.

In English and Russian, 2416 65th Street

Saturdays at 12:30 p.m.

Cortelyou Library, 1305 Cortelyou Rd.

BRONX

Mondays 6:00 p.m. and Saturdays 10:30 a.m.

Kingsbridge Library, 291 West 231st Street, Riverdale

Thursdays 6:00 p.m.

West Farm Library, 2085 Honeywell Avenue

QUEENS

Thursdays at 6:45 p.m.

Rego Park Library, 91-41 63rd Drive, Rego Park

New York - Westchester County

LARCHMONT

Saturdays at 11:00 a.m.

Larchmont Public Library, 121 Larchmont Avenue

MT. KISCO

Saturdays 10:00 a.m. - Registration Required

Mt. Kisco Library 100 East Main Street

TARRYTOWN

Mondays at 7:00 p.m.

Warner Library, 121 N. Broadway, NY 10591

YONKERS

Fridays at 3:00 p.m.

St. John's Riverside Hospital, Meditation Room - Lobby

967 N. Broadway

Other meetings in New York

meditateupstate.com

MID-HUDSON VALLEY / ULSTER COUNTY

Kingston

UPSTATE / CENTRAL NEW YORK

Capital District; Central New York: Canajoharie / Fort Plain

WESTERN NEW YORK

Buffalo Rochester

NEW JERSEY

BRIDGEWATER

Mondays at 7:15 p.m. at 1300 Prince Rodgers Avenue

CAMDEN

Saturdays 3:00 p.m.

Camden County Library at Rutgers, 301 North 5th Street

EAST RUTHERFORD

Saturdays at 11:30 a.m., East Rutherford Library

143 Boiling Springs Avenue

EAST WINDSOR

Wednesdays at 7:00 p.m., The Twin Rivers Branch Library,

276 Abbington Drive, East Windsor

Tel: 732-659-0635

EDISON

Sunday afternoons at 1:30 p.m., 3775 Park Avenue

EWING

Saturdays in February and March, 10:00 a.m. to 11:30 a.m.

Ewing Public Library, 61 Scotch Road

ENGLEWOOD

Mondays at 7:00 p.m.

Englewood Public Library, 31 Engle Street

FAIR LAWN

Saturdays at 10:00 a.m.

Maurice M. Pine Free Public Library, 10-01 Fair Lawn Avenue

GLEN ROCK

Saturdays at 10:00 a.m.,

Glen Rock Public Library, 315 Rock Road

HACKENSACK

Fridays at 7:30 p.m., Center for Modern Dance Education,

84 Euclid Avenue

MAHWAH

Tuesdays at 7:30 p.m. at Mahwah Library, 100 Ridge Road

PARSIPPANY

Saturdays at 10:30 a.m.

Condit House, Route 46 and N. Beverwyck Rd.

SOMERSET (FRANKLIN TOWNSHIP)

Saturdays 11:45 a.m.

Millstone Valley Fire Dept., 2365 Amwell Road, Somerset

UNION CITY - En español

los lunes / Mondays at 6:30 p.m.

Union City Branch Library, 1800 Summit Ave. Tel: 201-679-1949

CONNECTICUT

MANCHESTER

Tuesdays at 6:45 p.m., Whiton Library, 100 North Main Street

NEW HAVEN

Thursdays at 7:00 p.m. at the Never Ending Book Store,

810 State Street

NORWALK

Mondays at 7:00 p.m., Norwalk Public Library,