

# An Introduction to Sahaja Yoga Meditation for Adults

Led by Instructor  
**Jennifer Gilhooly**

This unique form of meditation allows you to relax by using the mind to create a profound, deep peace that occurs when the mind is calm and silent yet completely alert.

**Space is limited and on a first come, first served basis.**

**Thursday, September 28**


**6:30 pm**

**SUNNYSIDE**

43-06 Greenpoint Ave.

Long Island City

718-784-3033

 to 46th Street/Bliss St.

**Bus: B24, Q32, Q39, Q60**

**Admission is free.**