

MEDITATION WORKSHOP SERIES FOR ADULTS



Vajra Henderson teaches participants simple but effective techniques for transcending limitations and discovering their true potential, and shows them how to integrate these ancient and powerful techniques into their daily life.

ADMISSION IS FREE

Thursdays, July 6, 13
6:30 pm

FRESH MEADOWS

193-20 Horace Harding Expy.

718-454-7272

Q17, Q30, Q88

Mondays, July 10, 17
6:30 pm

AUBURNDALE

25-55 Francis Lewis Blvd.

Flushing | 718-352-2027

Q16, Q31, Q76

Thursdays, July 20, 27
6:30 pm

HOLLIS

202-05 Hillside Avenue

718-465-7355

Q1, Q36, Q43, Q76, Q77

Mondays, July 24, 31
6:30 pm

ST. ALBANS

191-05 Linden Blvd.

718-528-8196

Q3, Q4