

modern meditation movement



Find Freedom After Work...free of charge

Shift your mood.
Change your outlook.
Transform Your Life

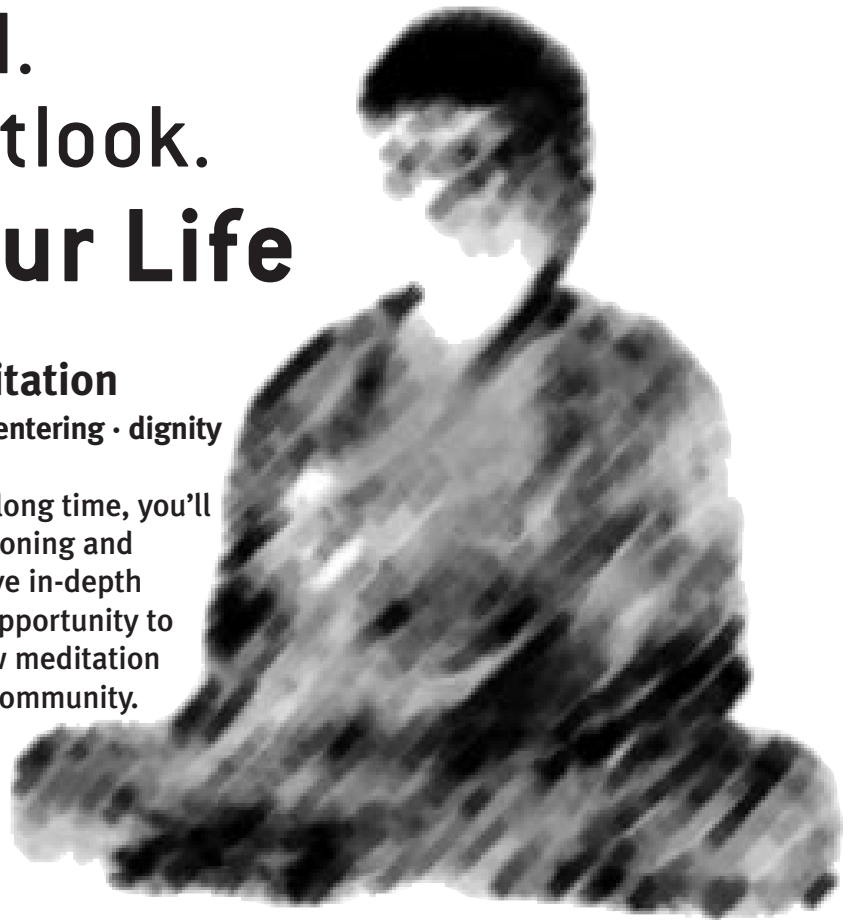
The Universal Practice of Meditation

balance · clarity · openness · compassion · centering · dignity

Whether you're curious or have been at it a long time, you'll find a safe, open, engaging forum for questioning and exploring meditation without dogma. Receive in-depth instruction and personal guidance. Get an opportunity to talk in plain language about if, why and how meditation can work in your life. Or just come to sit in community.

Open to the public. All are welcome.
Start a practice or deepen one.

Come get your meditation on.



Wednesdays, May-June (no session May 28 & June 18)

Doors open 6:30pm

Sufi Books

227 West Broadway in TriBeCa (lower Manhattan)

(3 blocks below Canal bet. White and Franklin Sts. 2 doors left of El Teddy's)
A, C, E to Canal St. 1 or 9 to Franklin St.

FREE. Donations welcome.

an urbanPEACE project/new dharma

