

sahaja  feel the energy within
meditation

USA SUMMER 2013

THEATRE
OF
ETERNAL
VALUES

CULTURE OF THE SPIRIT TOUR

art that enlightens

**FREE
CONCERT**



Albany | Washington D.C. | Philadelphia | **NEW JERSEY** | New York | Boston



Feel the Joy - Your Heart will Sing!

Sunday, July 14, 11 am - free admission

Fairlawn Community Center

10-10 20th Street, Fair Lawn, New Jersey 07410

www.cultureofthespirit.us



Sahaja Yoga Meditation founded by Shri Mataji Nirmala Devi is a simple, time-honored technique that transforms people's lives. It helps you to know yourself, reduces stress and increases wellness. It brings better focus and balance. Anyone can do it.
It is also **FREE**.

*Want to experience the energy within and much more?
...come join us for the Culture of the Spirit Tour 2013 in New Jersey!*

The Culture of the Spirit Tour brought to you by Sahaja Yoga Meditation is coming for the first time to USA after a huge success in Europe. Its goal is to integrate multiple artistic traditions to inspire, enlighten, and awaken the spiritual energy within us. The Culture of the Spirit Tour program features captivating music, dance and theater performances by an exceptionally talented group of artists from around the globe. The Culture of the Spirit program has a unique meditation component that will nourish your spirit and connect you with the source of true joy that you didn't know you had. As with our meditation programs this performance is also FREE.

Some benefits of regularly practicing Sahaja Yoga Meditation:

- Stress relief and stress management
- Greater confidence and self-esteem
- Better concentration, focus, and clarity of mind
- Improved emotional and mental well-being
- Ability to work through negative feelings such as guilt, fear, anger, and anxiety

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www.cultureofspiritnyc.eventbrite.com



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We conduct FREE weekly meditation meetings throughout the NY / NJ / CT area, through which thousands have achieved balance and meaning in their lives. To learn more please visit:



www.tristatemeditation.com