



Glen Rock Public Library presents...

MEDITATION

Every Saturday: 10 – 11am

Introductory sessions immediately following: 11 – noon

Introductory sessions are held the first Saturday of every month.



Begin the week refreshed, relaxed, and invigorated!
Sahaja yoga helps you connect to your deeper self. Come feel the bliss within!

Register in advance by phone or in person at the library.

Glen Rock Public Library / 315 Rock Rd, Glen Rock, NJ 07452 / 201-670-3970
<http://glenrock.bccls.org>