

# Experience the Peace

You are invited to visit and enjoy The Meditation Center and Gallery, located in the heart of Manhattan.

The Meditation Center is a reflective environment, a place to detach from the daily pressures of life and to explore spiritual principles, innate values, and one's higher purpose.

Free courses, activities, and programs include:

Raja Yoga Meditation Course (ongoing classes)

Wisdom in Action (every Thursday at 6:30pm)

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Secrets of Self-Esteem

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Positive Thinking

Stress-Free Living

Anger Management

Registration is required.

## **The Meditation Center and Gallery**

306 Fifth Avenue, 2nd Floor  
(between 31st and 32nd Streets)  
New York NY 10001

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