



**Join us for 'FLASH MEDITATIONS'**

**All you need to do is to show up with your positive thoughts, pure feelings, and good wishes!!**

**Please check below the dates and venues of Flash Meditations**

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**Global Harmony House**

**Contact: 516 773 0971**

World Meditation Hour - Sunday 20<sup>th</sup> at 6:30pm

Every evening from September 21<sup>st</sup> – October 2<sup>nd</sup> , 6:30pm to 7:30pm – FlashMeditation,

Insights and Conversations on the 'Power' of the day from 7:30 – 8:00pm

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**Manhattan**

**Contact: 212 564 4335**

**Friday September 25<sup>th</sup>**

At Washington Square Park on West 4<sup>th</sup> Street

12:30 – 1:00pm - FlashMeditation

**Saturday, September 26<sup>th</sup>**

Central Park, Strawberry field

3:00 - 3:30pm FlashMeditation

Bryant Park

5:00 - 5:30pm FlashMeditation

Grand Central Terminal  
7:00 - 7:30pm FlashMeditation

Every evening from September 21<sup>st</sup> – October 2<sup>nd</sup> , 6:00pm to 6:30pm at Meditation Center and Gallery – FlashMeditation

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## **Queens**

**Contact: 718 565 5133**

Queens Meditation Center – **Tuesday, September 22<sup>nd</sup> at 6:30pm**

**Sunday, September 27<sup>th</sup>**

Flushing botanical gardens – 4:00pm

Flushing Meadows Parks – 6:00pm

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## **Westchester**

**Contact: 914 969 7910**

**September 24<sup>th</sup>** - 1:00pm @ SUNY Education Center in Westchester.

**September 25<sup>th</sup>** – 1:00pm @ City Hall in Yonkers.

**September 27<sup>th</sup>** - 3:00pm @ Yonkers Waterfront

**September 30<sup>th</sup>** - 1:00pm @ City Hall in White Plains in Westchester.

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## **Bronx**

**Contact: 718 994 0765**

In addition to the listing below, every evening until October 2 (**except Thursday, Oct 1**), from 6:30 – 7:30pm, we will have discussion on the power for the day (6:30 – 7:00pm) followed by FlashMeditation (7:00 - 7:30pm), **at 1708 Bussing Ave, Bronx, NY 10466.**

**Thursday, September 24 – 4:30pm** (30min): Grand Concourse & 161<sup>st</sup> Street ( in front of the Court House)

**Saturday, September 26 – 12 noon** (30min): Pelham Manor, Pelham, (outside the BJ's store)

**Saturday, September 26 – 12:50pm** (30min): Pelham Manor, Pelham, (between Fairways & Marshall Stores)

**Saturday, September 26 – 2:00pm** (20min): The Mall at Bay Plaza, Coop City, (Main Entrance to 'The Mall at Bay Plaza' – between Forever 21 store & Outback steakhouse)

**Saturday, September 26 – 3:00pm** (30min): Pelham Bay Park (Area in vicinity of car park & foot ball tract)

**Saturday, September 26 – 4:00pm** (20min) Parkchester – The Circle at Union Port & Metropolitan Ave (landmark – the fountain)

**Friday, October 2 – 5:00pm** (30min): Bryan Park-Fordham Road shopping area (intersection of E. Fordham Rd. & Williamsbridge Rd.)

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### **Edison, New Jersey**

**Contact: 732 381 1533**

Plainsboro Park (Plainsboro) - 6:00 pm (**Mon 21st Sep - Fri 2nd Oct, including weekends**)

Roosevelt Park (Edison) - 6:00 pm (**Mon 21st Sep - Fri 25th Sep**) & 6:00 pm (**Mon 28th Sep - Fri 2nd Oct**)

Merrill Park (Woodbridge Twp) - 6:00 pm (**Mon 21st Sep - Fri 25th Sep**) & 6:00 pm (**Mon 28th Sep - Fri 2nd Oct**)

Colonial Park (Franklin Twp) - 6:00 pm (**Mon 21st Sep - Fri 25th Sep**)

Sondek Park (Monmouth Jct) - 6:00 pm (**Mon 28th Sep - Fri 2nd Oct**)

Hoboken Waterfront - 4:30 pm (**Saturday 26th Sep & Sunday 27th Sep**)

Liberty State Park - 6:00 pm (**Saturday 26th Sep & Sunday 27th Sep**)

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### **Cinnaminson, New Jersey**

**Contact: 856 786 2800**

Saturday, Sep 19 - The Delaware river park

Sunday, Sep 20 - World Meditation for Peace

Monday, Sep 21 - Evening meditation based on peace and non-violence

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