



Happy Science
NEW YORK

Free weekly meditation
every **TUESDAY**
6:30pm to 8:00pm



Looking for ways to be happier and more successful?

Happy Science is hosting a series of guided meditation seminars, oriented at professionals, that focus on self-improvement, confidence building and stress-free living

Midtown MEDITATION

RSVP: ny@happy-science.org or (212) 343-7972

7th Floor offices of JaNet
2 West 47th Street
New York, NY 10036
(Btwn 5th and 6th)

Meditation, refreshments and networking!

Free meditation classes are held every **Saturday** and **Sunday** at our welcome center in **TriBeCa**.
Please visit www.happyscience-ny.org for more information.