

IN-PERSON CLASSES TO SUPPLEMENT THE WEST COAST 21 DAY MEDITATION COURSE

Ready to join in-person class near you? See details below.
All classes are listed in Pacific Time unless mentioned otherwise.

Find additional classes here: <https://us.sahajayoga.org/classes-near-me/>

UNITED STATES:

State	City	Address	Day	Time	Website
Arizona	Cottonwood	Cottonwood Public Library, 100 S 6th St, Meeting room A, Cottonwood	Saturday	9:30 AM MST	https://www.meetup.com/sycottonwood/
Arizona	Phoenix	2434 East Osborn Road, Phoenix	Saturday	2:00 PM MST	https://www.eventbrite.com/e/sahaja-yoga-self-realization-meditation-free-classes-tickets-904016446527
California	Berkeley (Kerry)	Berkeley Persian Center, 2029 Durant Ave. Berkeley	Monday (1 st and 3 rd)	5:00 PM	
California	Fremont	37138 Niles Blvd, Fremont	Tuesday Saturday & Sunday	7:30 PM 11:00 AM	https://www.eventbrite.com/e/in-person-free-guided-meditation-session-in-fremont-ca-tickets-823107706307?aff=oddtcreator
California	Mountain House	Mountain House Library, 201 E Main St, Mountain House	Saturday	10:30 AM	https://www.eventbrite.com/e/mountain-house-discover-the-inner-peace-through-guided-meditation-session-tickets-789402342657?aff=oddtcreator
California	Pleasanton	4430 Willow Road, Suite K, Pleasanton	Saturday	10:00 AM	https://www.eventbrite.com/e/free-3-week-meditation-course-in-pleasanton-ca-tickets-707209280997

State	City	Address	Day	Time	Website
California	San Jose	San José Public Library, Calabazas Branch, 1230 S Blaney Ave, San Jose	Saturday	12:00 PM	https://sjpl.bibliocommons.com/events/66ccec23f520192f005f8dae
California	Sunnyvale	811 Henderson Ave, Sunnyvale	Thursday	7:30 PM	https://www.eventbrite.com/e/in-person-free-guided-meditation-session-in-sunnyvale-ca-tickets-891032862277?aff=oddtcreator
California	Half Moon Bay	110 Higgins Canyon Rd, Half Moon Bay	Wednesday	6:00 PM	https://www.eventbrite.com/e/free-meditation-classes-in-half-moon-bay-tickets-1002161701627?aff=oddtcreator
California	Irvine	University Community Center, Building #1, Multipurpose Room #1, 1 Beech Tree Lane, Irvine	Sunday	4:00 PM	
California	Canoga Park, LA (Beenu & Kirti)	7245 Remmet Ave, Canoga Park	Wednesday	7:00 PM	
California	Sherman Oaks, LA (Sopan)	15143 Ventura Blvd, Sherman Oaks	Thursday	7:00 PM	
California	South Gate, LA (Ale) English & Spanish	South Gate Park 9520 Hildreth Ave, South Gate	Thursday	11:00 AM	
California	Chula Vista	2050 Lakeshore Dr., Chula Vista	Wednesday	6:30 PM	
California	San Diego (Shailendra)	Carmel Mountain Recreational Center, 10152 Rancho Carmel Drive San Diego	Monday	7:00 PM	
Washington	Seattle (Abhishek, Julia & Heidi)	12317 15th Ave NE, Seattle	Tuesday	7:30 PM	https://www.meetup.com/free-meditation-seattle-sahaja-yoga-meditation/events/

CANADA:

State	City	Address	Day	Time	Website
Alberta	Calgary	Unit 10A, 416 Meridian RD SE, Calgary, Alberta	Thursday	7:00 PM MST	https://sycenters.org/centers/Canada/Alberta/Division_6/2233
British Columbia	Langley	20461 Douglas Cres. Unit #2	Monday	6:00 PM	https://sahajayogabc.ca/classes?/events#3.8/54.54/-126.56
British Columbia	White Rock	White Rock Library 15342 Buena Vista Ave, White Rock	Monday	6:30 PM	https://sahajayogabc.ca/classes?/events#3.8/54.54/-126.56
British Columbia	Victoria (Sarah)	3100 Tillcum Road, QA Board Room	Wednesday	6:30 PM	https://sahajayogabc.ca/classes?/events#3.8/54.54/-126.56
British Columbia	Burnaby	5707 Gilpin Street, Burnaby	Wednesday	7:00 PM	https://sahajayogabc.ca/classes?/events#3.8/54.54/-126.56
British Columbia	Surrey	Surrey Centre Library 10350 University Dr. Room 405	Thursday	7:00 PM	https://sahajayogabc.ca/classes?/events#3.8/54.54/-126.56