

# The Peace of Meditation

“The more you feel peace in meditation,  
the closer you are to God...”

—Paramahansa Yogananda

*The timeless, scientific methods of  
Yoga meditation taught by  
Paramahansa Yogananda enable one to  
discover, by direct personal experience,  
the Universal consciousness of God  
that dwells within.*

*Albuquerque Meditation Group meets  
each week for inspirational services  
that focus on meditation and spiritual  
ideals for everyday living. By applying  
these principles, you can create a life  
of lasting happiness and harmony.  
Sunday and Thursday meditation  
services are listed below:*

## SUNDAY SERVICES:

Meditation 9 – 9:45 am

Reading Service 10 – 11 am

Evening Meditation 5:30 – 9 pm

SUNDAY SCHOOL: 10 – 11 am

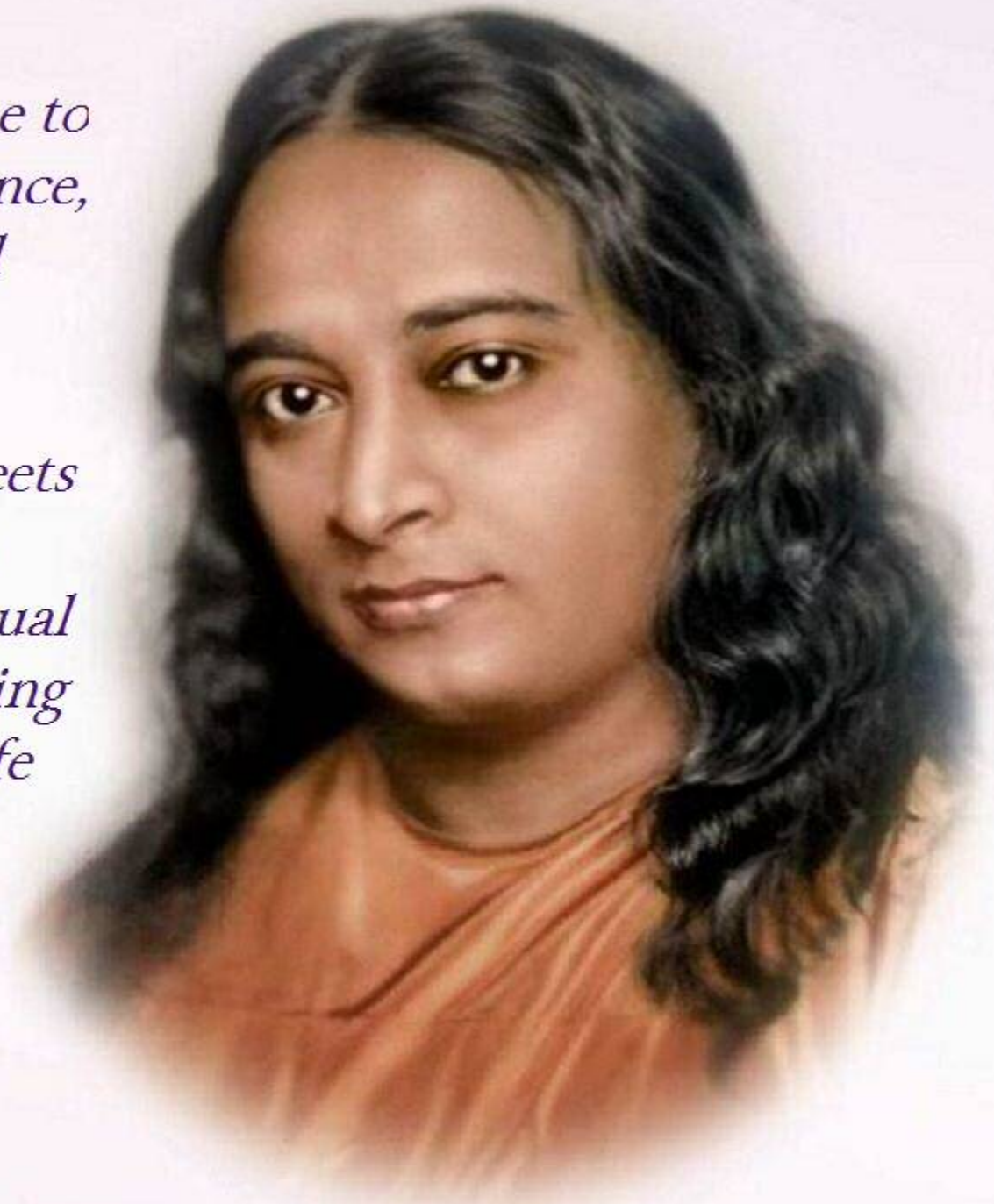
## FIRST SUNDAY OF THE MONTH:

Guided Meditation 9 – 9:45 am

Guided Evening Meditation 5:30 – 9 pm

## THURSDAY EVENING MEDITATION:

Meditation 6:30 – 8:45 pm



Albuquerque Meditation Group



1704 Moon St. NE suite 1&2

505.298.3640

[Albuquerque.srf@gmail.com](mailto:Albuquerque.srf@gmail.com)

[albuquerquemeditationgroup.org](http://albuquerquemeditationgroup.org)

Self-Realization Fellowship

FOUNDED 1920 BY PARAMAHANSA YOGANANDA

[www.yogananda-srf.org](http://www.yogananda-srf.org)

Copyright © 2011 Self-Realization Fellowship

All rights reserved