

“You cannot know the meaning of life until you are connected to the power that created you”

Shri Mataji Nirmala Devi



Shri Mataji - founder



Discover the peace of true meditation

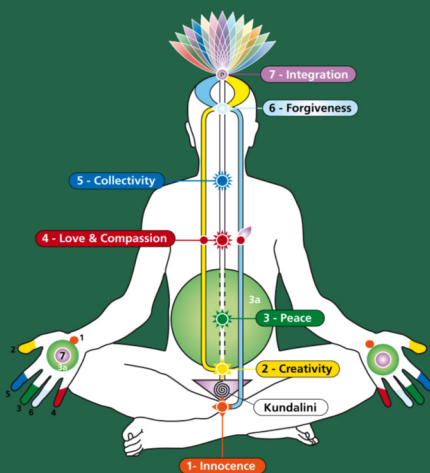
Saturday 20th October, 2018

7.00pm - 9.00pm

North Steyne Surf Pavilion

Ocean Beach Hall

Ocean Beach (opposite Pine St) Manly



With guided meditations to help reduce stress and achieve the peace of true meditation plus tips on how to help stay in balance during the day and how to meditate at home.

Event includes live meditation music to awaken and enlighten the spirit within.



Scan QR Code for website

Free • No booking required • Free follow-up classes

Contact : 0437 405 155

Presented by Sahaja Yoga Meditation Australia

www.freemeditation.com.au