

“Everything becomes perfect, as soon as you perfect yourself. Everything is related to your perfection.”

Shri Mataji Nirmala Devi



Shri Mataji - founder

## World Mental Health Day Meditation for mental wellbeing

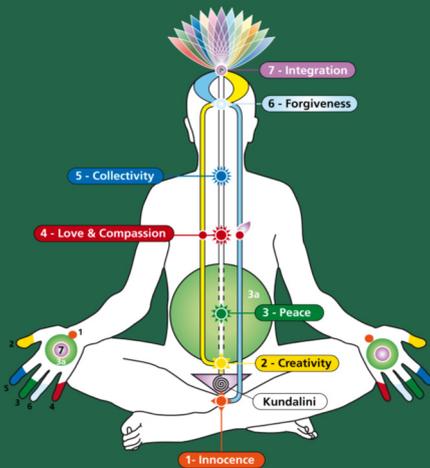


## Free meditation class

Tuesday 16th October 2018 4pm - 5pm  
Liverpool Hospital

## Conference Facilities in Meeting Room 2

Located at Entrance A on the cnr of Elizabeth & Goulburn Sts Liverpool, approximately 400 metres from Liverpool train and bus Station.



You are invited to a meditation class to learn simple techniques to still your mind for improved mental wellbeing. Learn about research conducted in Australia and overseas that indicates Sahaja Yoga meditation can improve mental, emotional and physical wellbeing.

This event is for staff, patients and visitors of Liverpool Hospital and the local community.



Scan QR Code for website

Free • No booking required

Contact: 0425 324 265 or 0417 695 454

Presented by Sahaja Yoga Meditation Australia

More at [www.freemeditation.com.au/wellbeing](http://www.freemeditation.com.au/wellbeing)