

Sahaja Yoga

Free Meditation Workshop

For newcomers and regulars of Sahaja Yoga meditation

“You cannot know the meaning of your life until you are connected to the power that created you.”
Shri Mataji Nirmal Devi

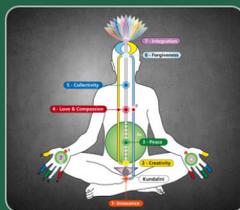


Stress relief • Inner peace • Holistic health benefit

Through Sahaja Yoga meditation, a subtle energy called Kundalini is spontaneously awakened which clears and balances our subtle system. This helps us to meditate, to go beyond our thoughts, worries and upsets and be in a state of peace and calm.



Sunday 1st March 2020, 11am - 1pm
Fitzroy Hall 22 Church Street, Burwood
(For parking, enter via Fitzroy Street)



About the Workshop

Introduction to going deeper and learning about how to clear the subtle system. Practical clearing sessions, collective meditations and video talks by the founder of Sahaja Yoga, Shri Mataji Nirmala Devi.

Please join us to experience going deeper in your meditation. If you have been attending our weekly classes or are new to Sahaja Yoga meditation, you are most welcome come along to enjoy the event with all of us.

Light refreshments provided • Everyone welcome • Free • No booking required



Presented by Sahaja Yoga Meditation Australia
Enquiries 0437 405 155 For other class locations visit:
www.freemeditation.com.au

Scan QR code with mobile device for website.