

SAHAJAYOGA MEDITATION

Achieve True Peace Within



Founder - Shri Mataji Nirmala Devi

World Realisation Day

Free meditation events Australia Wide during May 2017

Adelaide • Brisbane • Canberra • Melbourne • Perth • Sydney

Please join us at these free meditation events to experience true Yoga. The events honour the work and vision of the founder of Sahaja Yoga meditation, Shri Mataji Nirmala Devi, who was twice nominated for the Nobel Peace Prize and received the UN Peace Medal in 1989.

Shri Mataji discovered a process called Self-Realisation, which is the activation of the vital kundalini energy that resides inside every human being. This process, which is the basis of Sahaja Yoga meditation, initiates a state of thoughtless awareness and enables you to experience peace and mental silence, effortlessly.

- Suitable for both complete beginners and regular meditators.
- No physical exercises, postures or special clothing are required.
- Chairs are provided.
- Free follow-up classes available in over 80 locations.

Full event details and locations
www.freemeditation.com.au/events

Call 1300 724 252

Or scan this
QR code
with your mobile
device app



‘Self Realization makes us humble ...
replace temper with compassion ...
the more innocent you are,
the more blissful you will be.’
Shri Mataji, founder

Presented by Sahaja Yoga Meditation Australia
www.freemeditation.com.au

Free of charge, no booking required.

