

SAHAJAYOGA MEDITATION

Achieve True Peace Within



CELEBRATING INTERNATIONAL YOUTH DAY

*Free Meditation Workshops for Youth,
Parents & Carers 'Meditation skills for life,
especially for the young and young at heart!'*

Sunday 7th August
Sahaja Yoga Meditation Centre
77 Chewings Street
Scullin Canberra
10.30pm to 12.45pm

Enquiries: Phillip 02 6257 2057
or Lyn 0410 177 822

Light refreshments provided

For other events around Australia go to:
**[http://www.freemeditation.com.au/
international-youth-day-2016/](http://www.freemeditation.com.au/international-youth-day-2016/)**

Free of Cost

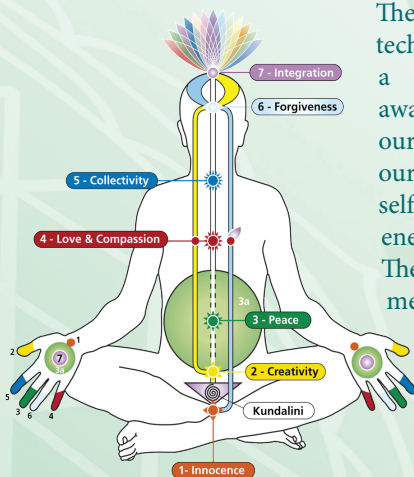
SAHAJAYOGA MEDITATION

Achieve True Peace Within



The *Sahaja Yoga Meditation* technique brings about a state of thoughtless awareness that quietsens our mind and establishes our connection to the inner self and the all-pervading energy.

The word Yoga traditionally means union with the all-pervading energy. In the past, exercises associated with modern day physical yoga were used to attain this meditation state.



The Spiritual Subtle System

Today, this meditation state is easily achieved through a process called Self-Realisation and Kundalini awakening which frees us of stress and enables us to enjoy the present moment.

In 1970, Shri Mataji founded this meditation which can improve our physical, emotional, mental and spiritual well-being.

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

Free of Cost

*"It's absolutely freely coming to you. So you cannot pay for it.
It's Love, and Love you cannot purchase."*

Shri Mataji – founder of Sahaja Yoga Meditation

www.freemeditation.com.au

CELEBRATING 35 YEARS OF
SAHAJA YOGA MEDITATION IN AUSTRALIA