

# 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  
10 Clarence St, Burwood**

**1.00pm to 4.00pm**

Light refreshments provided

**Enquiries: Lisa 0437 405 155**

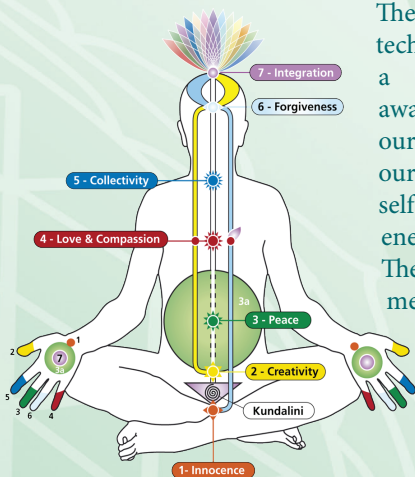
For further information and other events  
around Australia go to:

**[www.freemeditation.com.au/youth](http://www.freemeditation.com.au/youth)**

*Free of Cost*

# SAHAJAYOGA MEDITATION

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*The Spiritual Subtle System*

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.

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](http://www.freemeditation.com.au)

CELEBRATING 35 YEARS OF  
SAHAJA YOGA MEDITATION IN AUSTRALIA