

*Presented by Sahaja Yoga Meditation*

# LET'S MEDITATE FOR 21 DAYS

Freedom from Thoughts  
Discover the Peace and Joy Within

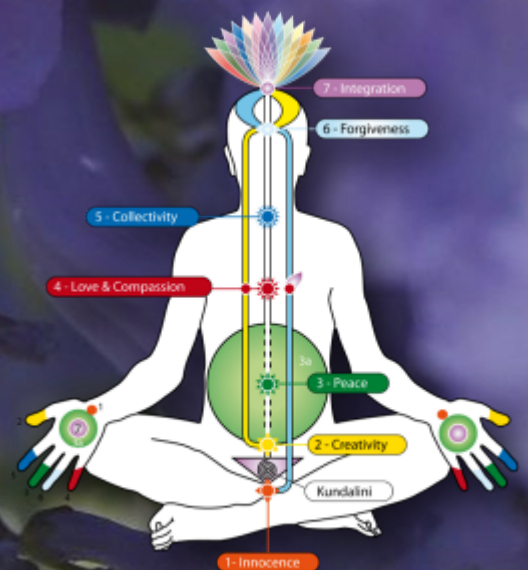
**9<sup>th</sup> to 29<sup>th</sup> January 2023**

**9PM to 10PM (Sydney time)**  
Hosted from South Australia

**Newcomers and regulars** will learn how to meditate and experience true meditation. Over the 21 days, you'll be guided daily by our online team through the three levels of knowledge and meditation experiences from beginner to intermediate to advanced. This meditation awakens an inner energy that gently brings positive change within us – making us more balanced, peaceful and joyous.

- One on one assistance and group sessions.
- Join in at anytime, even if you miss a session.
- Sahaja Yoga meditation was founded by H.H. Shri Mataji in 1970 and is now practiced in over 100 countries. **Always taught Free of Charge.**

*"Discover the peace and joy within through the connection with your Spirit." – Shri Mataji*



**Live on Zoom and YouTube with daily recordings of each session.**

**[freemeditation.com.au/Jan2023](https://freemeditation.com.au/Jan2023)**

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