

ALWAYS FREE

Sahaja Yoga Meditation Presents

*Experience the living spiritual power  
within you and transform your life*

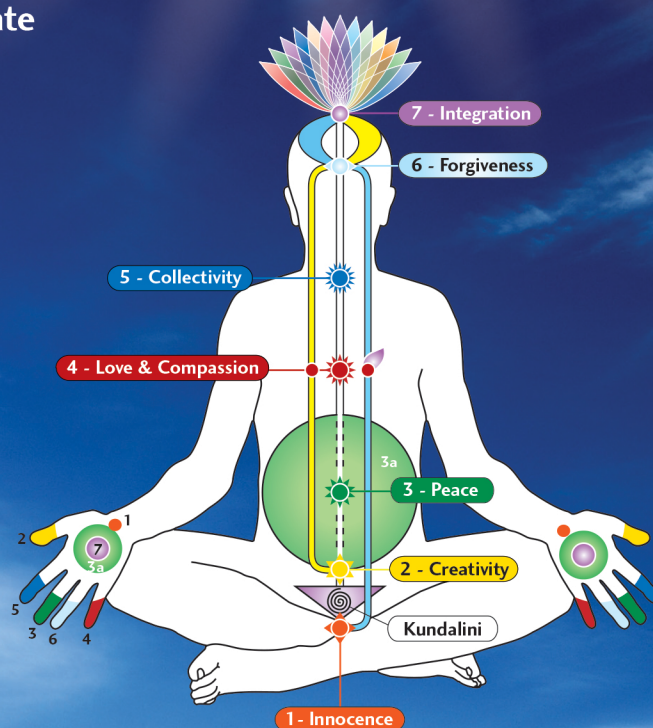
100 YEARS

COMMEMORATING THE BIRTH OF  
H. H. SHRI MATAJI NIRMALA DEVI



Sahaja Yoga begins with a spiritual awakening you'll actually feel. Experience it now as we commemorate 100 years since the birth of founder, H.H. Shri Mataji Nirmala Devi.

- Discover the amazing life of Shri Mataji and Her vision for the enlightenment of humanity.
- Awaken the living energy within you, known as Kundalini.
- Learn meditation to silence your mind and stop intrusive thoughts.
- Build self-awareness and self-knowledge.
- Enjoy uplifting live world music & refreshments.
- Everybody is welcome! Bring your friends and family.



**SATURDAY 4 MARCH 2023 10.30am to 12.30pm**

**John McGrath Pavilion**

97 Hensman Street, South Perth

Call 1300 724 252. Seats are limited.

For other event locations visit [freemeditation.com.au/100years](http://freemeditation.com.au/100years)

Free daily online classes, 24/7 channel, YouTube, Zoom & Facebook.



**SAHAJA YOGA  
MEDITATION**