

ALWAYS FREE

Sahaja Yoga Meditation Presents

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

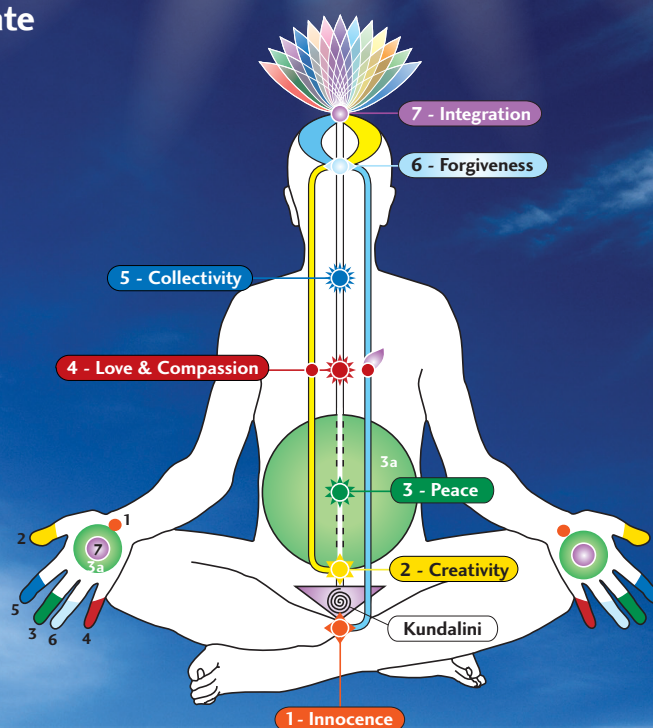
100 YEARS

**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.



SUNDAY 12 MARCH 2023 4pm to 6.30pm

Wynnum Community Centre

105 Florence St, Wynnum.

Call 1300 724 252. Seats are limited.

For other event locations visit freemeditation.com.au/100years

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



**SAHAJA YOGA
MEDITATION**