

ALWAYS FREE

Sahaja Yoga Meditation Presents

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

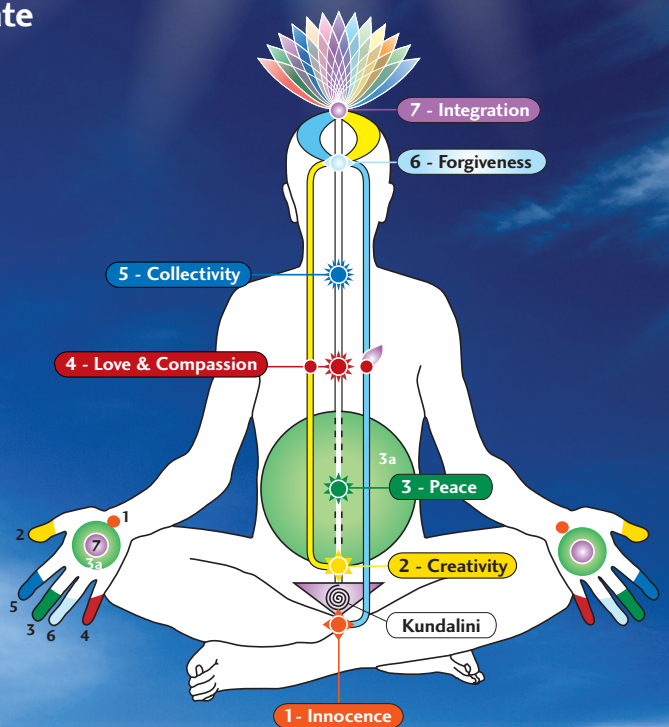
100 YEARS

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.



MONDAY 20TH MARCH 2023 6pm to 7.30pm

Wayfarer Building - Ground Floor,

120 Eastern Valley Way, Belconnen

Registration not required, call 0410 177 822 for enquiries

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

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



**SAHAJA YOGA
MEDITATION**