

ALWAYS FREE

Sahaja Yoga Meditation Presents

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

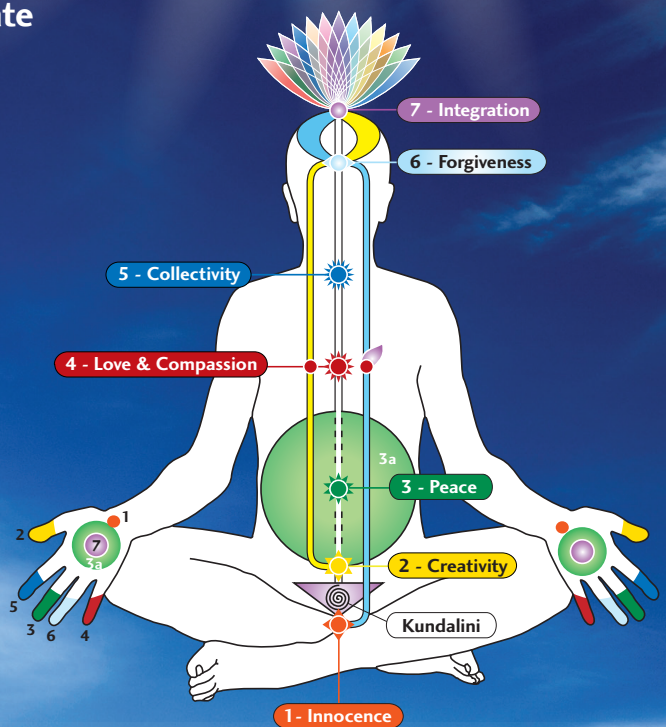
100 YEARS

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.



WEDNESDAY 22ND MARCH 2023 6pm to 7pm

Erindale Neighbourhood Centre,
Comrie St, Wanniassa

Registration not required, call 02 6257 2057 for enquiries

For other event locations visit freemeditation.com.au/100years
Free daily online classes, 24/7 channel, YouTube, Zoom & Facebook.



**SAHAJA YOGA
MEDITATION**