

SAHAJA YOGA MEDITATION AUSTRALIA

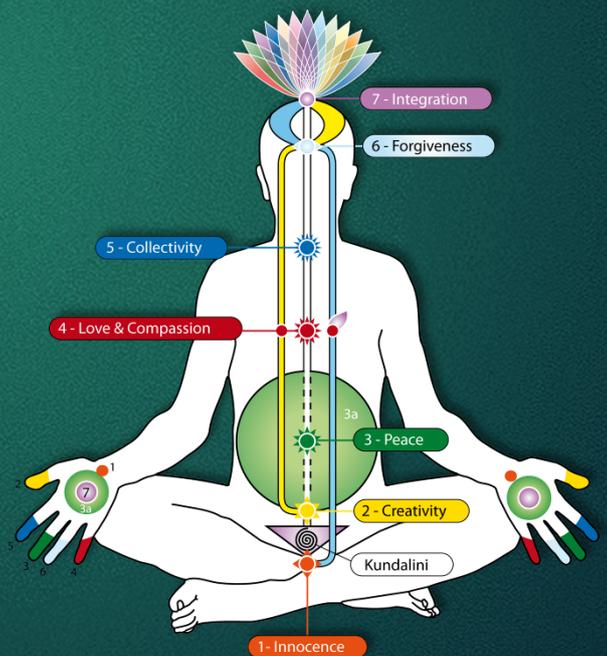
LET'S MEDITATE FOR 21 DAYS FREEDOM FROM THOUGHTS

5th ~ 25th August 2023 • 8:45PM Sydney time

Sessions include:

- Guided Self-realisation and meditation sessions to help you attain inner peace.
- World music to enhance the meditation experience.
- No physical exercises or postures required.
- Free follow-up classes available online and in-person in over 120 countries.

freemeditation.com.au/aug2023



*“Self Realization makes us humble
... replace temper with compassion
... the more innocent you are, the more
blissful you will be.”*

Shri Mataji - Founder of Sahaja Yoga