

SAHAJA YOGA MEDITATION WORLDWIDE

# LET'S MEDITATE FOR 21 DAYS

Session 3B

22 September - 05 November 2025

EVERY MONDAY and WEDNESDAY

CENTRAL EUROPEAN SUMMER TIME (CEST) 8PM • NEW YORK 2PM • SYDNEY 4AM

ALWAYS FREE.  
ONLINE LIVE AND  
RECORDED PROGRAMS

IN ENGLISH WITH  
SUPPORT IN NORDIC AND  
EUROPEAN LANGUAGES



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