

INNER PEACE WITH SAHAJA YOGA MEDITATION

# 10 WEEK ONLINE MEDITATION COURSE

LIVE & RECORDED SESSIONS ON ZOOM & YOUTUBE

zoom

YouTube

EVERY THURSDAY • 8PM SYDNEY TIME  
19<sup>TH</sup> FEB TO 23<sup>RD</sup> APR 2026

(DELHI 2:30 PM • BERLIN 10:00 AM • LONDON 9:00 AM • NEW YORK 4:00 AM)

SCAN QR CODE TO JOIN SESSIONS ON WEBSITE. JOIN ANY TIME, EVEN IF YOU MISS A SESSION

- Always Free
- Discover the peace and joy within
- For mental, physical, emotional and spiritual well-being
- In-person classes and online courses
- Online courses in over 10 languages



[freemeditation.com.au/online-au](https://freemeditation.com.au/online-au)

HH Shri Mataji - Founder

