

SAHAJA YOGA MEDITATION WORLDWIDE

FREE MEDITATION

For mental, physical, emotional and spiritual wellbeing

IN-PERSON

NEW SESSIONS IN
FULLARTON

Every Wednesday 7:30 PM to 8:30 PM
Fullarton Park Community Centre
411 Fullarton Road, Fullarton
Call 1300 724 252

ONLINE

Watch live and recorded programs on Zoom and YouTube. Courses in over 10 languages.

zoom



YouTube

Visit website below for details.

ALWAYS FREE

Suitable for beginners and regular meditators.

Guided meditations with clearing and balancing sessions, and video talks by HH Shri Mataji, Founder.

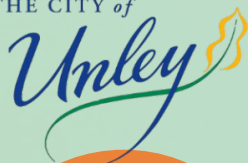
Chairs provided. No physical exercises, postures, or special clothing required.

Join our WhatsApp support group.

Call 1300 724 252 or visit our website.

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HH Shri Mataji Nirmala Devi
Founder of Sahaja Yoga meditation



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