

*Presented by Sahaja Yoga Meditation*

# 21 SERIES - ADVANCED MEDITATION

Achieve your depth in Sahaja Yoga meditation

**Online meditation sessions**

**Every Sunday & Wednesday** (Sept to Dec 2021)

**8:45pm to 9:45pm** (Sydney time)

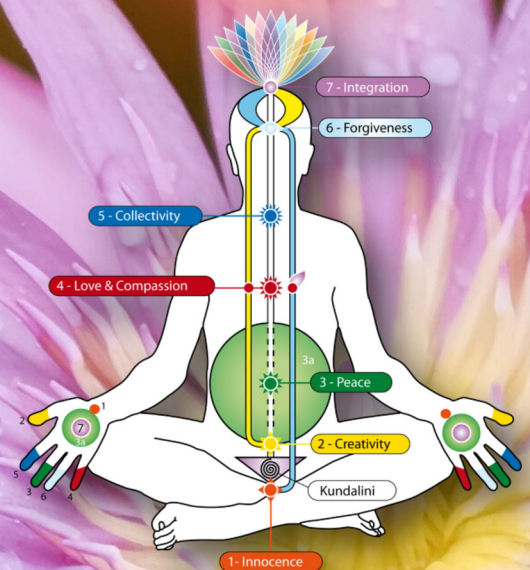
**Achieve your depth in Sahaja Yoga meditation.**

This Series is for those who have received their Self Realisation and have been participating in our online or face to face classes. If you are familiar with the basic Sahaja Yoga clearing, balancing and meditation techniques then this advanced series will help you to grow deeper in your meditation.

- One on one assistance and group sessions.
- Join in at anytime, even if you miss a session.
- If you are new to our meditation, then see our website below for details on how to get started.



Shri Mataji Nirmala Devi



**Watch Live on Zoom & YouTube**

Full details with Zoom and YouTube links at:

**[www.freemeditation.com.au/21Series](http://www.freemeditation.com.au/21Series)**

Scan QR code for website