Sahaja Yoga Free Meditation

"You cannot know the meaning of your life until you are connected to the power that created you." Shri Mataji

Stress relief • Inner peace • Holistic health benefit Through Sahaja Yoga meditation, a subtle energy called Kundalini is

Through Sahaja Yoga meditation, a subtle energy called Kundalini is spontaneously awakened. It starts to clear and balance our subtle system. This helps us to meditate, to go beyond our thoughts, worries and upsets and be in a state of peace and calm.









Every Monday

25th Nov, 2nd, 9th & 16th Dec, 2019 6:30pm - 8:30pm Nightcliff Community Centre

18 Bauhinia Street Nightcliff, Darwin

Join in at anytime, even if you miss a session Everyone welcome • Always Free • No booking required Presented by Sahaja Yoga Meditation Australia



Call 0429 540 171 www.freemeditation.com.au

Scan QR code with mobile device for website.