

Sahaja Yoga

FREE MEDITATION

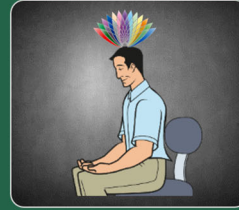
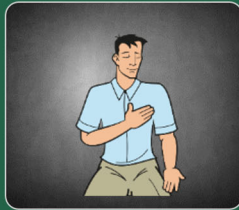
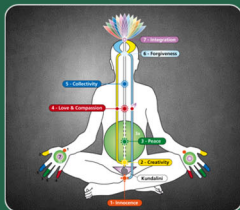
“You cannot know the meaning of your life until you are connected to the power that created you.”

Shri Mataji Nirmala Devi - Founder



Stress relief • Inner peace • Holistic health benefit

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.



TAMWORTH MEDITATION

MONTHLY, ON SATURDAYS • 10:30AM TO 11:30AM

Saturdays 10th Apr, 15th May, 12th Jun, 10th Jul, 14th Aug & 11th Sep, 2021

Tamworth Community Centre, 3A Darling Street Tamworth

Booking required • Always Free • Everyone welcome • Join in at anytime, even if you miss a session.

COVID SAFETY

Social distancing and hygiene measures will be followed at this event, as set out by the NSW Government's COVID Guidelines.



For Bookings & more information call 0425 774 430

More at www.freemeditation.com.au

Presented by Sahaja Yoga Meditation Australia

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