

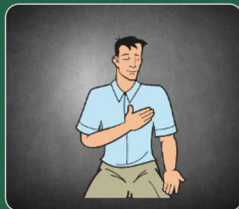
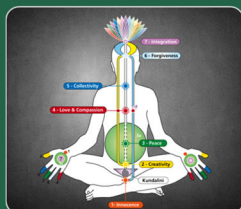
# Sahaja Yoga Free Meditation

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



**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.



**Every Sunday 1pm to 3pm  
7, 14, 21 & 28 February 2021  
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

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