

# Free Meditation Classes

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

Shri Mataji Nirmala Devi



Shri Mataji - founder

## DUBBO - 4th Saturday of each month

10:30AM to 11:30AM

25 Jul, 22 Aug, 26 Sept, 24 Oct, 28 Nov, 19 Dec 2020

Dubbo Pipe Band Hall, Cnr of Darling and Wingewarra Streets

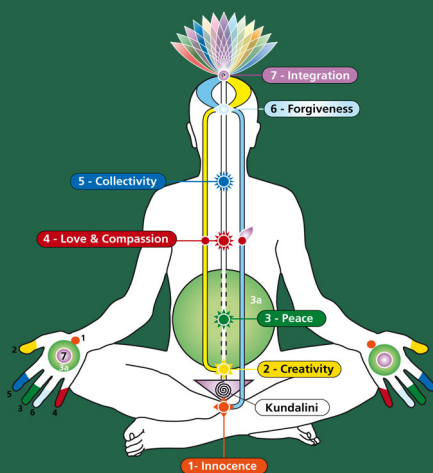
## NARROMINE - 4th Sunday of each month

10:30AM to 11:30AM

26 Jul, 23 Aug, 27 Sept, 25 Oct, 29 Nov, 20 Dec 2020

St Augustine's Parish Hall, First Ave (off Dandaloo St)

- Suitable for both complete beginners and regular meditators.
- Join in at anytime, even if you've not attended before.
- Chairs are provided.
- No physical exercises, postures or special clothing required.
- Classes are always free of charge.



For Bookings & more information contact 0425 774 430 or 0425 324 265

Presented by Sahaja Yoga Meditation Australia

More at [www.freemeditation.com.au](http://www.freemeditation.com.au)

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