

Sahaja Yoga Meditation celebrates

UNITED
NATIONS

INTERNATIONAL YOUTH DAY



Meditation workshops during August 2018



Shri Mataji - founder

“The education and training of children should create respect for elders, respect for their teachers, respect for each other and respect for society.”

H. H. Shri Mataji Nirmala Devi



Meditation skills for life, especially for the young and young at heart!

Events in ACT, NSW, QLD, SA, VIC & WA



Workshops will be facilitated by youth, parents and carers who have been meditating for many years. They will explain how meditation works and then guide you through simple meditation techniques which you can practise on your own or with us at our free weekly classes. We encourage everyone to attend, regardless of age.



- Free • Everyone welcome • No booking required
- Ongoing classes in over 80 locations
- Enquiries: 1300 724 252
- Presented by Sahaja Yoga Meditation Australia



Scan QR code for
event locations &
more information

Locate your nearest event at

www.freemeditation.com.au/youth2018