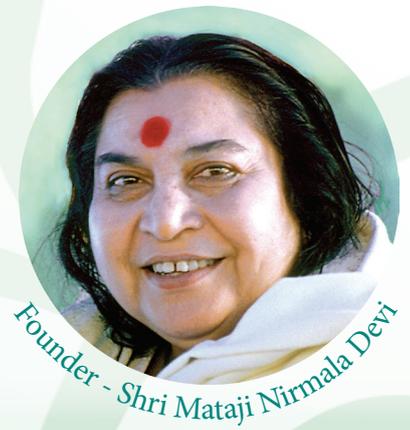


SAHAJAYOGA MEDITATION

Achieve True Peace Within



Founder - Shri Mataji Nirmala Devi

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*Free Meditation Workshops for Youth, Parents & Carers ‘
Meditation skills for life, especially for the young and young at heart!’*

**Adelaide – Canberra – Brisbane – Melbourne
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Our meditation workshops will introduce you to the unique non-commercial Sahaja Yoga Meditation method which has an integrated yet simple approach for individuals to attain physical, mental, emotional and spiritual well-being.

The workshops will be facilitated by parents, carers and youth who have been practicing meditation for many years. They will explain how meditation works and then guide you through simple meditation techniques which you can practice on your own or with us at our free weekly classes.

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Free of Cost

“It’s absolutely freely coming to you.

So you cannot pay for it.

It’s Love, and Love you cannot purchase.” ...

Shri Mataji

