

**“Everything becomes perfect, as soon as you perfect yourself. Everything is related to your perfection.”**  
**Shri Mataji Nirmala Devi**



Shri Mataji - founder

## **World Mental Health Day**

### **Meditation for mental wellbeing**



**Free meditation events during October 2017**

**Adelaide • Brisbane • Canberra • Melbourne • Perth • Sydney**

To support the World Health Organisation's recognition of World Mental Health Day, you are invited to a meditation class to learn how research in Australia and overseas is indicating that Sahaja Yoga meditation can improve mental, emotional and physical wellbeing.



Scan QR Code  
for event details

Event details and locations at  
[www.freemeditation.com.au/wellbeing](http://www.freemeditation.com.au/wellbeing)

Presented by  
Sahaja Yoga Meditation Australia  
[www.freemeditation.com.au](http://www.freemeditation.com.au)