

Sahaja Yoga Meditation celebrates

UNITED
NATIONS

INTERNATIONAL YOUTH DAY



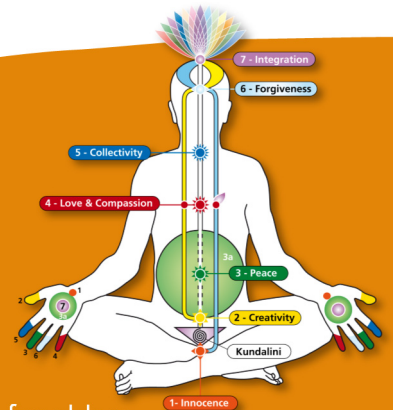
Shri Mataji - founder

Free Meditation Workshop

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

“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



Everyone welcome, regardless of age!

Also enjoy live meditation music to help you connect to the bliss within.

Monday 3rd September 2018 • 5-30pm to 7-30pm

University of NSW, Roundhouse Rooms 2 & 3

Anzac Parade, Kensington



Workshop 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.

- ◆ Free • No booking required
- ◆ Ongoing classes in over 80 locations

- ◆ Enquiries: Tom 0437 483 241
- ◆ Presented by Sahaja Yoga Meditation Australia



Scan QR code for event locations & more information.

More info at

www.freemeditation.com.au/youth2018