

“Everything becomes perfect, as soon as you perfect yourself. Everything is related to your perfection.”

Shri Mataji Nirmala Devi



Shri Mataji - founder

## Free Meditation

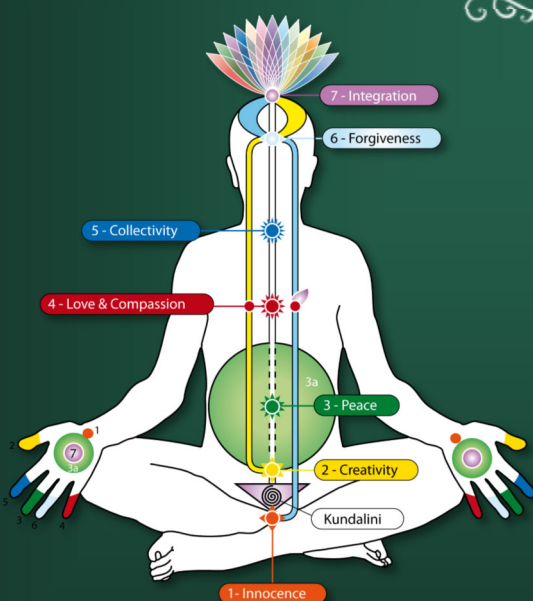
For mental, emotional, physical & spiritual wellbeing

### Introduction to Meditation

Saturday 6th April 2019

1:30pm - 3:30pm

Perth City Library Auditorium, 573 Hay Street, Perth City



- Guided meditations with simple techniques to help reduce stress and achieve the peace of true meditation.
- Always free, No booking required, Join in at anytime.
- Over 80 free weekly classes Australia wide.



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