

# Sahaja Yoga

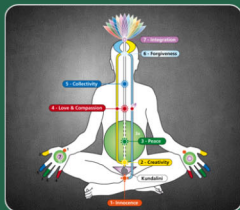
# Free Meditation

“You cannot know the meaning of your life until you are connected to the power that created you.”  
Shri Mataji Nirmal Devi



## Stress relief • Inner peace • Holistic health benefit

Through Sahaja Yoga meditation, a subtle energy called Kundalini is spontaneously awakened. It starts to clear and balance our subtle system. This helps us to meditate, to go beyond our thoughts, worries and upsets and be in a state of peace and calm.



**Every Monday 6:30pm**  
**10th, 17th, 24th February & 2nd, 9th, 16th March 2020**

**Nightcliff Community Centre**  
**18 Bauhinia Street Nightcliff, Darwin**

***Join in at anytime, even if you miss a session***

Everyone welcome • Always Free • No booking required

Presented by Sahaja Yoga Meditation Australia



Call 0429 540 171

[www.freemeditation.com.au](http://www.freemeditation.com.au)

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