



Sahaja Yoga presents

th
13

April
Saturday

Lantern

inside

Me

meditation sessions
music

12pm - 3pm
3pm - 5pm

Nicholas Buff - saxophone

Murtuza Damoon - tabla

Sahaj Williams - sitar

Bhargav Shridar - harmonium

meditation

Indian Classical Music

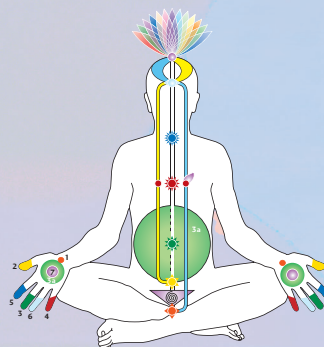
At Barangaroo - Walumil Lawn

SahajaYoga.com.au • Free entry

Lantern

inside

Me



Meditation sessions 12-3pm

Our event begins with one-on-one and small group sessions run by experienced meditators. These sessions will help you understand more about different techniques which can help you deepen the meditative experience. There is also the opportunity to ask any questions you may have about your own subtle system.

Classical Indian Music Concert 3-5pm

The cleansing and balancing quality of Indian music has been known for thousands of years. The arrangement of notes in Indian Classical music helps to clear and open our energy centres allowing us to connect to the light within us and experience true meditation. The concert will finish at around 5pm.



Our Facebook
Event Page



Barangaroo
Walumil Lawn

Free Entry

