

Sahaja Yoga Free Meditation Workshop

Celebrating International Women's Week

"You cannot know the meaning of your life until you are connected to the power that created you."

Shri Mataji Nirmala Devi - Founder



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.



This Saturday 7th March 2020

1pm to 3pm

New Life Centre for Women

The Dymocks Building, Level 8 - Suite 10

428 George Street Sydney

(Between Market & King Streets)

Always Free • Everyone welcome • No booking required
Presented by Sahaja Yoga Meditation Australia



Call 0407 207 722

For other class locations visit:

www.freemeditation.com.au

Scan QR code with mobile device for website.

