

Free Meditation in Hyde Park

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

Shri Mataji Nirmala Devi



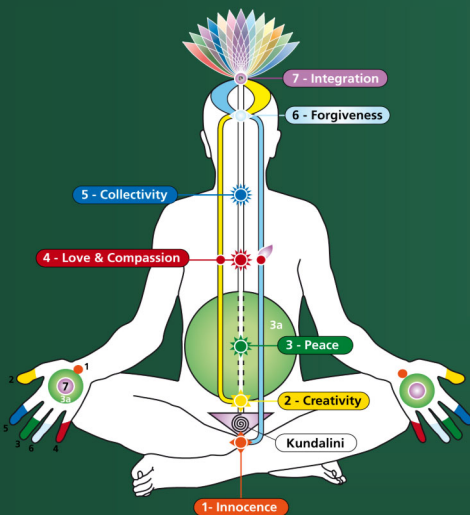
Shri Mataji - founder

Sahaja Yoga Meditation

Tuesday 23rd April 2019 • 12pm - 4pm

Hyde Park North, near the Archibald Fountain

Corner of Macquarie Street and St James Road Sydney



Sahaja Yoga meditation is used by millions worldwide as a practical means to achieve inner balance and joy with improved mental, physical, emotional and spiritual wellbeing. Thoughtless awareness, also known as mental silence, is the basis of good health and wellbeing. Sahaja Yoga meditation provides this experience.



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Free meditation classes

Available in over 80 locations around Australia and Worldwide in 100 countries or go Online. Presented by Sahaja Yoga Meditation Australia

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