

Presented by Sahaja Yoga Meditation

NEXT 21 DAYS OF MEDITATION

Freedom from Thoughts

Daily online meditation sessions for 21 Days

23rd August to 12th September 2021

8:45pm to 9:45pm (Sydney time)

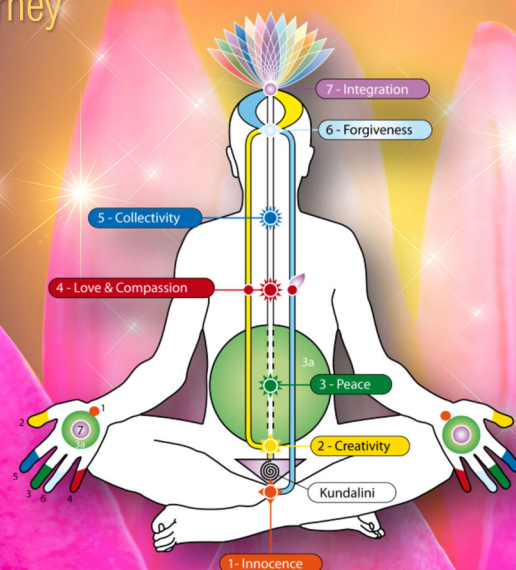
A follow-on to our "Let's meditate for 21 Days" international event that was held during August 2021.

This is the next step towards your spiritual ascent and wellbeing. We look forward to continuing this journey with everyone in the Next 21 Days of Meditation.

- For Regulars and Newcomers
- No previous experience in meditation required
- One on one help and group sessions
- Join in at anytime, even if you miss a session



Shri Mataji Nirmala Devi



Watch Live on Zoom & YouTube

Full details with Zoom and YouTube links at:

www.freemeditation.com.au/next21days

Scan QR code for website