

Free Sydney Workshop

MEDITATION

Attend in Sydney or watch Live on YouTube

Balancing & Coming into the Centre

A free meditation workshop for newcomers and regular meditators to help establish emotional, mental, physical and spiritual wellbeing through Sahaja Yoga meditation.

Includes: guided meditations • clearing and balancing using the elements • talks and music. Everything explained.



Shri Mataji Nirmala Devi - Founder

Sunday 20th June 2021 • 11am to 1pm

Fitzroy Centre, 22 Church Street, Burwood Sydney

(10 minutes from Burwood Railway Station. For parking, enter via Fitzroy Street)

COVID Safety

Social distancing and hygiene measures will be followed at this event, as set out by the NSW Government's COVID Guidelines.

*Celebrating 40 Years of
Sahaja Yoga Meditation in Australia*



Can't attend? Watch Live on YouTube

Full details and YouTube link at:

www.freemeditation.com.au/workshop2021

Scan QR code for website.

Hosted by Sahaja Yoga Meditation Australia

- Always free
- All welcome
- No booking required
- Chairs provided
- Easy to learn
- Call Jenny 0425 324 265

