

SAHAJAYOGA MEDITATION

Achieve True Peace Within



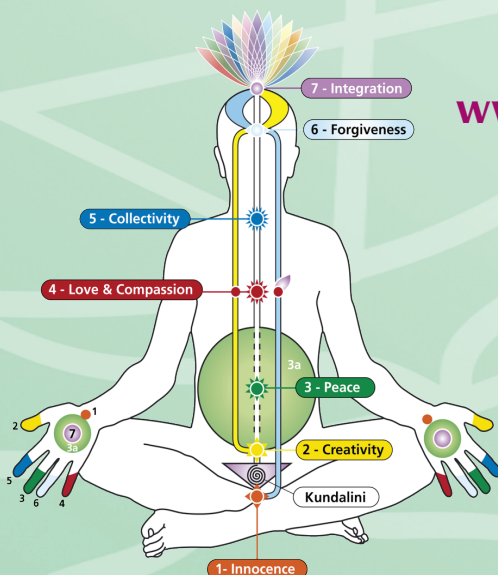
EXPERIENCE THE HEALTH BENEFITS OF SAHAJA YOGA MEDITATION

Free Meditation Seminars Australia Wide during Nov & Dec, 2016

Brisbane • Canberra • Melbourne • Perth • Sydney • Townsville

To celebrate United Nations World Science Day for Peace & Development, you are invited to a meditation seminar to learn how research in Australia and overseas is indicating that Sahaja Yoga meditation can improve physical and mental well-being to reduce stress.

- All events free of charge, no booking required.
- Suitable for both complete beginners and regular meditators.
- No physical exercises, postures or special clothing are required.
- Chairs are provided.
- Free follow-up classes available in over 80 locations.



Full events details and locations at
www.freemeditation.com.au/world-science-day

Or scan this QR Code
with your mobile device app



Presented by Sahaja Yoga Meditation Australia
www.freemeditation.com.au

Free of Cost