



**"You are not this body, you are  
not this mind, you are the spirit,  
and this is the greatest truth."**

Shri Mataji Nirmala Devi



Shri Mataji - founder

# World Health Day

## Meditation for health & wellbeing



### Free Sydney Meditation Workshop

Sunday 8th April, 2018 • 2:30pm to 5:30pm

Sahaja Yoga Meditation Centre

10 Clarence Street, Burwood

To support the World Health Organisation's recognition of World Health Day, you are invited to a free workshop to learn how research in Australia and overseas is indicating that Sahaja Yoga meditation can improve mental, emotional and physical health and spiritual wellbeing.



Scan QR Code  
for Event Details

Free • Everyone welcome • No booking required  
Light meal served after workshop  
Free follow-up meditations in many locations  
Event details: [www.freemeditation.com.au/health](http://www.freemeditation.com.au/health)

Presented by Sahaja Yoga Meditation Australia  
[www.freemeditation.com.au](http://www.freemeditation.com.au)