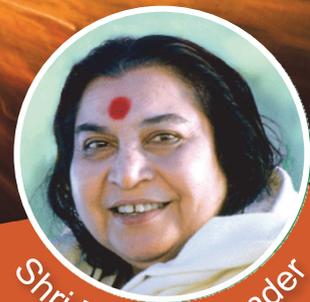
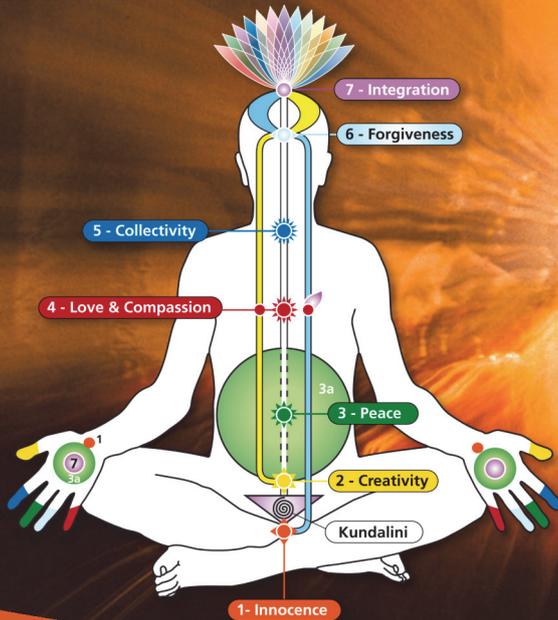


Sahaja Yoga Meditation celebrates World Yoga Day

Real Yoga is the spiritual
union attained through
**Self Realisation
and Meditation**



“So this is your birthright. All human beings have this right to get the awakening of their Kundalini by which they become one with the Divine Power. This is the Real Yoga.” Shri Mataji

Join us to experience Meditation and attain the Real Yoga
Events in ACT, NSW, QLD, SA, VIC & WA



Traditionally, Yoga means the union of our inner self with the all-pervading energy. Real Yoga is not physical exercises but thoughtless awareness meditation which is achieved through Self Realisation. Sahaja Yoga Meditation provides this experience for mental, emotional, physical and spiritual wellbeing.

- Free • Everyone welcome • No booking required
- Ongoing classes in over 80 locations
- Enquiries: 1300 724 252
- Presented by Sahaja Yoga Meditation Australia



Scan QR code for locations & website

Locate your nearest event at
www.freemeditation.com.au/realyoga