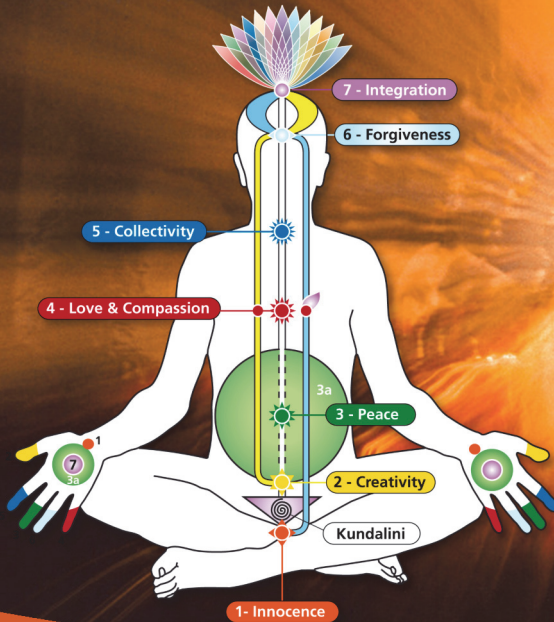


Sahaja Yoga Meditation celebrates World Yoga Day

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



Shri Mataji - founder

“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

Sunday 24th June, 2018 • 6-30pm to 8-30pm
The Connection Rhodes
30 Shoreline Drive, Rhodes



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.



Scan QR code for
event details & website

- Free • Everyone welcome • No booking required
- Enquiries: 0425 324 265
- Presented by Sahaja Yoga Meditation Australia

- Free follow-up classes (join in at anytime) -
The Connection Rhodes in the Meeting Room
7pm to 8pm Thursdays 28th June, 5th, 12th & 19th July

Events also in ACT, NSW, QLD, SA, VIC & WA

www.freemeditation.com.au/realyoga