

# SAHAJAYOGA MEDITATION

Achieve True Peace Within

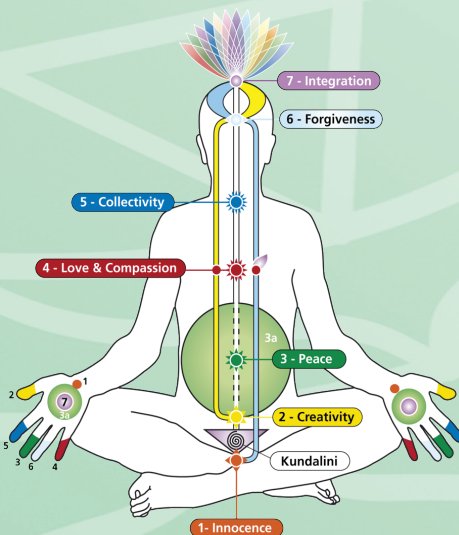


## CELEBRATING INTERNATIONAL YOUTH DAY

*Free Meditation Workshops for Youth, Parents & Carers  
'Meditation skills for life, especially for the young  
and young at heart!'*

**Sunday 7th August**  
**Sahaja Yoga Meditation Centre**  
**10 Clarence St, Burwood**  
**1.00pm to 4.00pm**

Light refreshments provided  
**Enquiries: Lisa 0437 405 155**



For further information and other  
events around Australia go to:  
**[www.freemeditation.com.au/youth](http://www.freemeditation.com.au/youth)**

**Free of Cost**

*"It's absolutely freely coming to you. So you cannot pay for it.  
It's Love, and Love you cannot purchase." ... Shri Mataji*