

SAHAJAYOGA MEDITATION

Achieve True Peace Within



Founder - Shri Mataji Nirmala Devi

CELEBRATING INTERNATIONAL YOUTH DAY SATURDAY 6TH & SUNDAY 7TH AUGUST, 2016

Free Meditation Workshops for Youth, Parents & Carers ‘

Meditation skills for life, especially for the young and young at heart!’

**Adelaide - Canberra - Gold Coast
Melbourne - Perth - Sydney**

Our free meditation workshops will introduce you to the unique non-commercial Sahaja Yoga Meditation method which has an integrated yet simple approach for individuals to attain physical, mental, emotional and spiritual well-being.

The workshops will be facilitated by youth, parents and carers who have been practising meditation for many years. They will explain how meditation works and then guide you through simple meditation techniques which you can practise on your own or with us at our free weekly classes.

For further information and other events around Australia go to:

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

