

SAHAJAYOGA MEDITATION

Achieve True Peace Within



Founder - Shri Mataji Nirmala Devi

CELEBRATING INTERNATIONAL YOUTH DAY

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

Saturday 13th August

**Vines Road Community Centre
37-61 Vines Road, Hamlyn Heights
Geelong**

3.00pm to 5.00pm

Enquiries - Reza - 0401 118 700

Light refreshments provided

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*

