

# 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!'*

**Saturday 6th August**

**Gidgegannup Meditation Centre,  
1216 O'Brien Rd Gidgegannup**

**1.00pm to 3.00pm**

Light refreshments provided

**Enquiries: Helen 1300 725 252**

For further information and other events  
around Australia go to:

**[www.freemeditation.com.au/youth](http://www.freemeditation.com.au/youth)**

*Free of Cost*

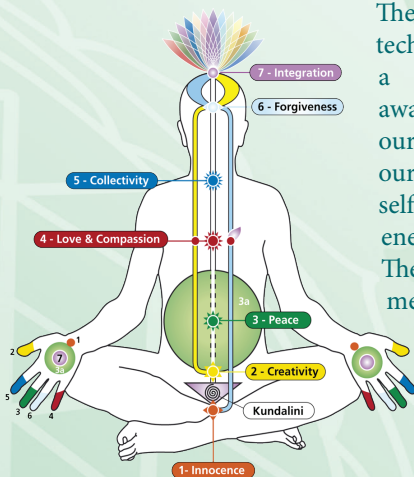
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The *Sahaja Yoga Meditation* technique brings about a state of thoughtless awareness that quietsens our mind and establishes our connection to the inner self and the all-pervading energy.

The word Yoga traditionally means union with the all-pervading energy. In the past, exercises associated with modern day physical yoga were used to attain this meditation state.



*The Spiritual Subtle System*

Today, this meditation state is easily achieved through a process called Self-Realisation and Kundalini awakening which frees us of stress and enables us to enjoy the present moment. In 1970, Shri Mataji founded this meditation which can improve our physical, emotional, mental and spiritual well-being.

- Suitable for complete beginners and regular meditators.
- No physical exercises, postures or special clothing required.
- Chairs are provided.
- No booking required.
- Free follow-up classes available.

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 – founder of Sahaja Yoga Meditation

[www.freemeditation.com.au](http://www.freemeditation.com.au)

CELEBRATING 35 YEARS OF  
SAHAJA YOGA MEDITATION IN AUSTRALIA