

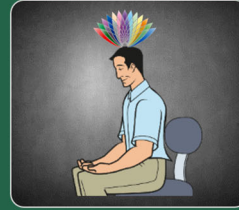
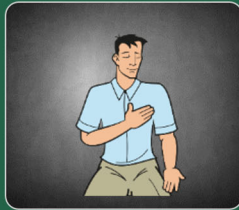
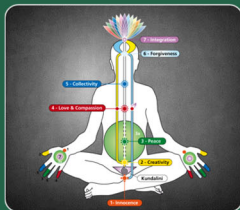
Sahaja Yoga Free Meditation

“You cannot know the meaning of your life until you are connected to the power that created you.”
Shri Mataji Nirmala Devi



Stress relief • Inner peace • Holistic health benefit

Through Sahaja Yoga meditation, a subtle energy called Kundalini is spontaneously awakened. It starts to clear and balance our subtle system. This helps us to meditate, to go beyond our thoughts, worries and upsets and be in a state of peace and calm.



Every Wednesday 6pm to 8pm
July 1, 8, 15, 22 & 29 July and August 5 & 12, 2020

Nightcliff Community Centre
18 Bauhinia Street Nightcliff, Darwin

Join in at anytime, even if you miss a session

Everyone welcome • Always Free • No booking required

Presented by Sahaja Yoga Meditation Australia



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