"Everything becomes perfect, as soon as you perfect yourself. Everything is related to your perfection."

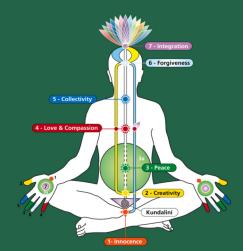






World Mental Health Day Meditation for mental wellbeing





Free meditation classes During October 2018

ACT - NSW - QLD - SA - VIC - WA

You are invited to a meditation class to learn simple techniques to still your mind for improved mental wellbeing. Learn about research conducted in Australia and overseas that indicates Sahaja Yoga meditation can improve mental, emotional and physical wellbeing.



Scan QR Code for website

No booking required • Contact: 1300 724 252
Free follow-up classes in most locations
Presented by Sahaja Yoga Meditation Australia
More at www.freemeditation.com.au/wellbeing