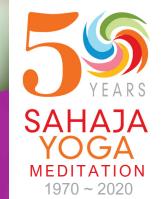
Free Online Meditation



All day meditation sessions TUESDAY 5TH MAY 2020 7AM ~ 10PM (Sydney time)



Celebrating World Realisation Day

Join us at www.freemeditation.com.au/webcasts

- Realise the source of true wellbeing for mental, emotional, physical and spiritual inner balance
- 20 minute sessions throughout the day on YouTube and Zoom
- Suitable for complete beginners and regular meditators
- Includes the documentary "Freedom & Liberation" at 6pm (Sydney time) Tuesday 5th May 2020 The life and times of Shri Mataji and her international Sahaja Yoga meditation movement.



Presented by Sahaja Yoga Meditation Australia Join us at www.freemeditation.com.au/webcasts



LIVESTREAM