

FREE

# MEDITATION IN THE WORKPLACE

## Remove that stress!

We offer an opportunity to arrange a personal visit or online Zoom session for your organisation to discover the peace of true meditation for mental, emotional, and physical wellbeing.

This service is offered Free of Cost.

Book a free workplace visit or Zoom session  
[www.freemeditation.com.au/workplace](http://www.freemeditation.com.au/workplace)  
or call **Lyn Vasudeva** on (+61) 0410 177 822  
Email: [lynvasudeva7@gmail.com](mailto:lynvasudeva7@gmail.com)

*"Now the latest is the stress, and this stress has no solution they say, but in Sahaja Yoga (meditation) we find the solution by crossing over this mind."*

*Shri Mataji - founder of Sahaja Yoga Meditation*



Hosted by:

Sahaja Yoga Meditation Australia

Celebrating 50 years 1970 ~ 2020

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United Nations  
Body & Mind  
Wellness Club

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This year, more than ever, it's time to enjoy the proven physical, emotional and mental benefits of Sahaja Yoga meditation.

We are offering Sahaja Yoga Meditation sessions to organisations as well as the general public.

We are able to deliver the meditation session face-to-face or provide online interactive sessions on Zoom of approximately 30 minutes duration.

In these sessions you can learn and experience a simple method of meditation which takes your attention to the limbic area of the brain bringing about an experience of mental silence.

Please let us know if you would like to book us in for a session or number of sessions for your organisation. You may like to discuss a package of sessions to suit.

In the past we have conducted full days of rolling 20 minute Meditation sessions where groups of 10 - 20 people per session are registered to attend throughout the day.

We are very happy to discuss the kind of package that would best suit your needs.



*"So in that area which is peace within ourselves, when you arrive, you become absolutely peaceful. All this stress, strain of life finishes and you become absolutely peaceful..."*

*Shri Mataji - founder of Sahaja Yoga Meditation*



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July 2020

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