

SAHAJA YOGA MEDITATION AUSTRALIA

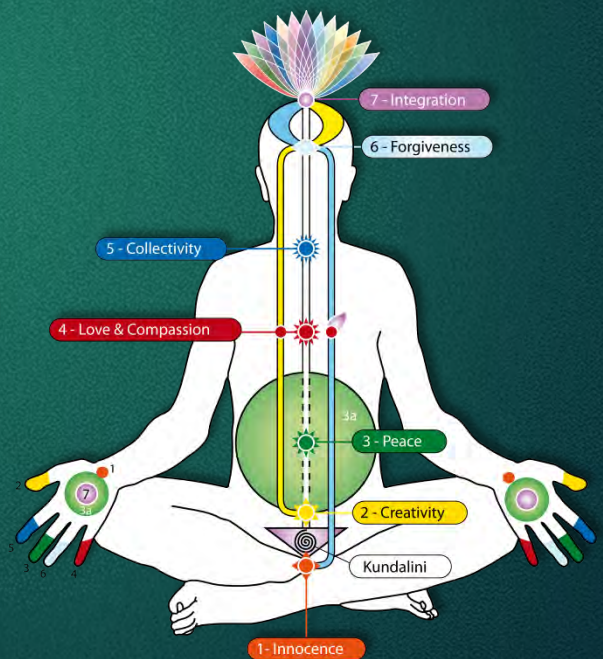
# LET'S MEDITATE FOR 21 DAYS FREEDOM FROM THOUGHTS

5th ~ 25th August 2023 • 8:45PM Sydney time

Sessions include:

- Guided Self-realisation and meditation sessions to help you attain inner peace.
- World music to enhance the meditation experience.
- No physical exercises or postures required.
- Free follow-up classes available online and in-person in over 120 countries.

[freemeditation.com.au/aug2023](https://freemeditation.com.au/aug2023)



*“Self Realization makes us humble  
... replace temper with compassion  
... the more innocent you are, the more  
blissful you will be.”*

Shri Mataji - Founder of Sahaja Yoga