

Free 4 Week Meditation Course

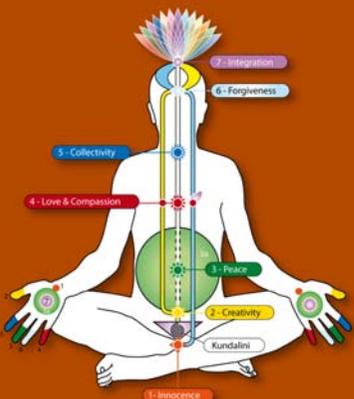
Thursdays 10, 17, 24 & 31 May, 2018
7-30pm to 8-30pm
Epping Community Centre
Meeting Room
9 Oxford St, Epping



Shri Mataji - founder

Course topics

- Collective meditations – learn how to go deeper into meditation.
- Introduction to the traditions of meditation and the subtle system.
- Techniques to help reduce stress - balancing and clearing.
- Guidance for your individual meditation at home.
- How to introduce children to meditation.
- Scientific research into meditation.
- Video talks by Shri Mataji, founder of Sahaja Yoga meditation.



Free • No booking required • Join in at anytime

Everyone welcome, including newcomers

Enquiries: 0425 324 265

Presented by
Sahaja Yoga Meditation Australia
www.freemeditation.com.au



Scan QR code for Online Resources:
printed guides, meditative music,
videos and audios.
www.freemeditation.com.au/moreinfo



Free 4 Week Meditation Course

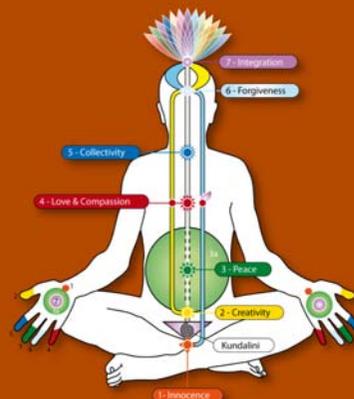
Thursdays 10, 17, 24 & 31 May, 2018
7-30pm to 8-30pm
Epping Community Centre
Meeting Room
9 Oxford St, Epping



Shri Mataji - founder

Course topics

- Collective meditations – learn how to go deeper into meditation.
- Introduction to the traditions of meditation and the subtle system.
- Techniques to help reduce stress - balancing and clearing.
- Guidance for your individual meditation at home.
- How to introduce children to meditation.
- Scientific research into meditation.
- Video talks by Shri Mataji, founder of Sahaja Yoga meditation.



Free • No booking required • Join in at anytime

Everyone welcome, including newcomers

Enquiries: 0425 324 265

Presented by
Sahaja Yoga Meditation Australia
www.freemeditation.com.au



Scan QR code for our online Resources -
printed guides, meditative music, videos and
audios .
www.freemeditation.com.au/moreinfo