

# Sahaja Yoga Meditation

## Free 6 Week Meditation Courses, May/June 2009

### Sydney, Bathurst, Blue Mtns, Central Coast & Wollongong

- Course sessions are once a week for 60 to 90 minutes. Please check your Course starting date below.
- Free meditation guides and a CD will be provided to assist you with your meditation at home.
- Ongoing weekly meditation meetings will be held in most venues at completion of Course.
- No booking required for Courses or meetings. Join in at anytime, even if you miss a session!
- Suitable for both beginners and regulars. All courses and meetings free of charge.

## Sydney Area

### Sydney North

**ARTARMON:** Thursdays 7:30pm,  
Contact: 9904 8137.  
*6 week course commences Thur 28th May.*

**GORDON:** Tuesdays 7:30pm.  
Contact: 9499 9646  
*6 week course commences Tue 26th May.*

**HORNSBY:** Wednesdays 7:30pm,  
Room 2 Homestead Bldg, Willow Park  
Community Centre, cnr Edgeworth David Ave  
and Sherbrook Rds, Hornsby. Behind Willow  
Park Playground. Contact: 9476 3323  
(after 4pm) or 0425 223 304.  
*6 week course commences Wed 27th May.*

**LINDFIELD:** Wednesdays 7:30pm.  
Contact: 8901 4592 or 0416 622 024.  
*Regular weekly meetings (no course).*

**LINDFIELD EAST:** Wednesday mornings 10:30am.  
Contact: 9416 2373.  
*Regular weekly meetings (no course).*

**LONGUEVILLE:** Wednesdays 7:30pm.  
Contact: 9427 6042.  
*6 week course commences Wed 27th May.*

**MOSMAN:** Tuesdays 7:00 – 8:30pm,  
Mosman Art Gallery and Community Centre,  
Harmony Room, corner Art Gallery Way and  
Myahgah Rds, Mosman. Contact: 9904 8137.  
*6 week course commences Tue 26th May.*

**NTH SYDNEY** Mondays 12:30 – 1:30pm,  
New venue: Stanton Library, Miller St.  
Contact: 9499 9646.  
*6 week course commences Mon 25th May.*

### Sydney North West

**CARLINGFORD:** Mondays 7pm,  
Donmoore Community Centre,  
corner North Rocks Rd and Farnell Ave,  
easy parking. Contact: 9427 6042  
(call in evenings only)  
*6 week course commences Mon 25th May.*

**DENISTONE** (near Ryde):  
Mondays 8:00pm.  
Contact: 9802 6694.  
*6 week course commences Mon 25th May.*

### Sydney Northern Beaches

**NARRABEEN:** Tuesdays 7:30pm  
North Narrabeen Tennis and Community  
Centre, 10 Woorara Ave, North Narrabeen  
Contact: 9984 0302, 0410 445 226.  
*6 week course commences Tue 26th May.*

### Sydney South

**GYMEA:** Saturday mornings 9am,  
Gynea Community Hall (opposite Railway Station),  
Contact: 9525 8065  
*6 week course commences Sat 23rd May.*

**KOGARAH:** Tuesdays 7:00pm.  
The Calvary Hospital Wholistic Healing Centre,  
52 Ercildoune Ave. Kogarah.  
Contact: 0427 481 363  
*6 week course commences Tue 26th May.*

**MORTDALE:** Fridays 1.00pm,  
30 Pitt St. Mortdale, (close to the station)  
Contact: 0427 481 363  
*6 week course commences Fri 29th May.*

### Sydney East

**BONDI JUNCTION:** Monday mornings 11.15am,  
31 – 33 Spring St, Bondi Junction  
Contact: 0422 798 498  
*6 week course commences Mon 25th May.*

**MAROUBRA:** Sundays 5.00 – 6:00pm  
Maroubra Senior Citizens Hall,  
6 Alma Rd, Maroubra.  
Contact: 0415 832 374 or 0406 266 616  
*6 week course commences Sun 23rd May.*

**PADDINGTON:**  
Wednesdays 7.30 – 8:45pm  
Paddington Public School, cnr Oxford & Elizabeth Sts,  
Hall Block C. Enter driveway gate in Elizabeth St  
(in parkland area at the side of the school).  
Block C is to the left, at the back of the school.  
Contact: 9328 6624  
*6 week course commences Wed 27th May.*

### Sydney City

Contact 0413 542 273 for details  
*Meeting details to be advised*

[See over for more courses & information](#)



## Sydney Area (continued)

### Sydney South West

**CABRAMATTA:** Fridays 7.30pm  
Cabramatta Community Hall, McBurney Rd  
(10 metres from the corner of Railway Pde,  
Opp PCYC) Cabramatta.  
Contact: 9727 9073.  
*6 week course commences Fri 29th May.*

**CAMPBELLTOWN:** Mondays 6:30pm  
Minto Community Library, (part of school library)  
Pembroke Rd, Minto,  
(In Sarah Redfern Complex opp. Minto Mall).  
Contact: 0412 303 807.  
*6 week course commences Mon 25th May.*

### Sydney West

**BELMORE:** Thursdays, 1.30 – 2:30pm,  
Belmore Youth Centre, Building 3, Belmore  
Community Centre, Redman Parade.  
Contact: 0410 550 551 or 9742 1630  
*6 week course commences Thur 28th May.*

**BURWOOD:** Tuesdays 7:30pm,  
Burwood Community Centre. Hall is at rear  
of building 45 Belmore St, Burwood, 5 mins  
walk from Burwood Station  
(Free Parking at Burwood Plaza after 6pm).  
Contact: 9747 4835.  
*6 week course commences Tue 26th May.*

**GLEBE:** Thursdays 7:30pm,  
Glebe Town Hall, 160 St Johns Rd,  
Glebe (cnr Mt Vernon St).  
Contact: 9566 4021 or 0407 108 447.  
*6 week course commences Thur 28th May.*

**HOME BUSH/STRATHFIELD:**  
Wednesdays 6:30pm,  
Strathfield Central Library,  
65 Rochester St, Homebush.  
Contact: 9746 5161 or 0425 261 119.  
*6 week course commences Wed 27th May.*

**PARRAMATTA:** Mondays 7:30 – 8:30pm.  
Parramatta Town Hall - Jubilee Hall,  
182 Church St Mall.  
Contact: 0425 261 119.  
*On-going courses .*

## Surrounding Areas

### Bathurst

Contact 6331 7172 for details  
*6 week course commences Mon 25th May.*

### Blue Mountains

**BLAXLAND:** Friday mornings 10am  
Blaxland Community Centre  
33 Hope St  
Contact 4759 3691  
*6 week course commences Fri 29th May.*

**LEURA:** Tuesdays 7pm  
Leura C.W.A. Hall  
137 Megalong St Leura  
Course commences Tues 26th May  
Contact 4759 3691  
*6 week course commences Tue 26th May.*

### Central Coast

**EAST GOSFORD:** Tuesdays 7.30pm  
(except Tues 9<sup>th</sup> June will be on Wed 10th June  
instead)  
Studio 2, Gosford Regional Gallery and Art Centre,  
36 Webb St (next to the Edogawa Japanese Gardens)  
Contact 0408 425 995  
*6 week course commences Tue 26th May.*

**WOY WOY:** Tuesday mornings 10.30am  
CWA Hall (Country Women's Association)  
The Boulevard (off Railway St)  
Contact 0439 719 371  
*6 week course commences Tue 26th May.*

### Wollongong

Wednesdays, 7.30pm - 9.00pm  
The Pioneer Hall  
Church St, Wollongong  
Contact: 4272 2131  
*6 week course commences Wed 27th May.*

## Notes

All Courses and Meetings are free of charge.

#### Holiday periods

During holiday breaks, please phone to confirm  
meetings are on.

#### Further information

For general enquiries and meetings in other areas,  
please call 1300 724 252

#### Meetings around Australia

[www.freemeditation.com/meetings](http://www.freemeditation.com/meetings)

#### NSW Courses

[www.freemeditation.com/courses](http://www.freemeditation.com/courses)

#### Our main website

[www.freemeditation.com](http://www.freemeditation.com)

**Please phone your local contact to check details.**