

**FREE**

# Meditation

Includes  
live music from  
"Music of Joy"

# Workshop



Shri Mataji Nirmala Devi – founder

**Sunday 19th October, 2014**

**11am to 4pm** (Please arrive from 10:30am)

**Federation Conference Centre**

37 Reservoir Street, Surry Hills Sydney

(off Elizabeth St, five mins from Central Railway Station)

## Meditation: Discover your inner balance

easy to learn • more peace • less stress

It's time to find the peace within, to experience an awareness you probably never knew existed. Whether you're an absolute beginner or a regular, join us for a special day to deepen your meditation.

- Simple guided meditations, practical sessions, interesting presentations, live world music, take home kits. Everything is explained!
- Separate sessions for beginners and regulars.
- Learn how to balance the subtle system.
- Video talks by founder, Shri Mataji.
- Tips to help stay centred at work and home.
- **Music of Joy** group will provide live meditative and joyful music throughout the day.
- No physical exercises, postures or special clothing are required. Chairs are provided.
- Bookings are essential (see below).

### Refreshments

A free light lunch and afternoon tea is provided to workshop attendees.

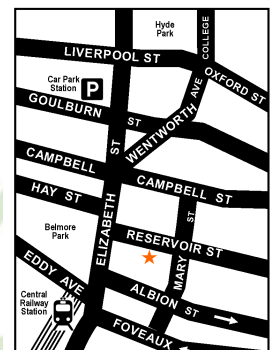
### Cost

#### Free of Charge.

Our workshops are provided free by an experienced team of volunteers, as a non-profit community service.

### Getting there

Our workshops are provided free by an experienced team of volunteers, as a non-profit community service. Workshop venue is an easy five minutes walk from Central Railway Station.



★ 37 Reservoir St, Surry Hills

## Bookings are Essential!

To book for this workshop, go to [freemeditation.com.au/bookings](http://freemeditation.com.au/bookings)

Information about Workshops & 4 week Courses at [www.freemeditation.com.au/events](http://www.freemeditation.com.au/events)

All events presented by Sahaja Yoga Meditation Australia