

Presented by Sahaja Yoga Meditation

LET'S MEDITATE FOR 21 DAYS

Freedom from thoughts • Discover the peace and joy within

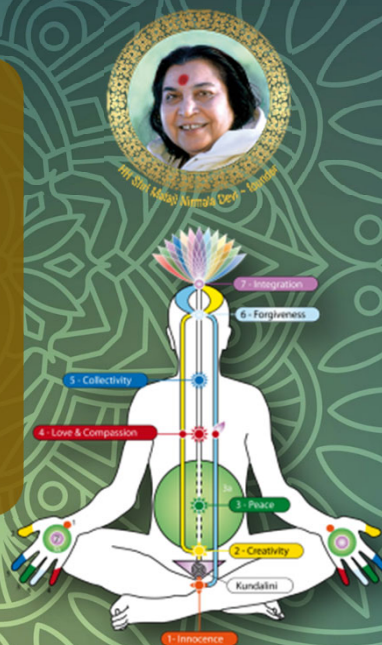
25th February to 17th March 2023

Free Online Course • 1 hour per day

English, French, German, Italian, Chinese, Hindi and Arabic

- For newcomers and regular meditators.
- Experience true meditation for mental, emotional, physical and spiritual well being.
- Join in at any time, even if you miss a session.
- Sahaja Yoga meditation was founded by H.H. Shri Mataji Nirmala Devi in 1970 and is now practiced in over 100 countries.
- Always taught Free of Charge.

"Discover the peace and joy within through the connection with your Spirit." - Shri Mataji



Live on Zoom and YouTube with daily recordings of each session.

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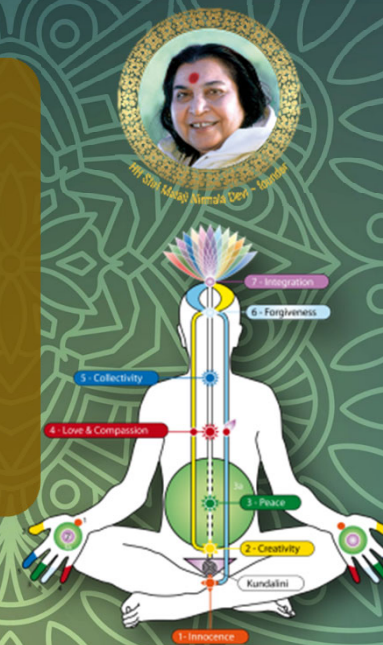
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