



**COME AND JOIN US FOR A SESSION OF SAHAJA YOGA MEDITATION!**

**Dates:** 30<sup>th</sup> April, 14<sup>th</sup> May, 28<sup>th</sup> May and 2<sup>nd</sup> July

**Time:** 10 - 11am

**Where:** Brockman Community House

**Please call us on 9279 1588 to book a place**

True meditation is best understood as a state of mental silence or 'thoughtless awareness' in which one is fully alert and aware but free of the unnecessary thoughts or worries that lead to many of life's day to day stresses. This state of silence occurs spontaneously when one learns how to focus on the experience of the present moment, leading to a state of peace and calm. Through a simple process, known as Self-Realisation (kundalini awakening), this meditative state can be quickly established, maintained and, most importantly, enjoyed!

You will learn how to meditate at home and how to keep in balance. The techniques are easy to learn and practice. No physical exercises, postures or special clothing is required. Participants have a choice of sitting on a chair or carpeted floor.

All meetings are offered free of charge and are conducted by experienced practitioners.

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