

SAHAJAYOGA MEDITATION

Achieve True Peace Within



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

Dates: Every second Tuesday **Time:** 1 - 2pm

Where: Brockman Community House
27 Hull Way Beechboro, WA, 6063

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.

Learn
how to
meditate



Brockman Community House

Address: 27 Hull Way, Beechboro

Phone: 9279 1588

Email: admin@brockmanhouse.net

Supported by



The Brockman Community House is provided by Brockman House and funded by the State Government through the Department of Communities