

Sahaja Yoga Meditation

Experience inner peace and balance with Sahaja Yoga Meditation, a simple and natural technique suitable for all ages and fitness levels.

These free, guided sessions are perfect for complete beginners and those seeking to deepen their practice.

Each week, you'll learn practical methods to reduce stress, improve focus, and enhance overall well-being - physically, mentally, emotionally and spiritually.

No experience, equipment, or special clothing is required.

Wednesdays 01 October - 25 March
6:00pm - 7:00pm
Nightcliff Community Centre Boab Room
18 Bauhinia Street, Nightcliff

No bookings required!
Instructor: Jayansh
P - 0432 445 514
E - jayansh.shinde@gmail.com



H. H. Shri Mataji Nirmala Devi
Founder of Sahaja Yoga

To find out more about this activity,
contact the instructor directly.

NO COST to attend!

