

28 Mar'25

→ Making a poster + slides on 'Introduction to Sahajayoga'.

→ Sections: (1) Title

(2) What is Sahajayoga?

(Kundalini, Chakras, Channels, Shri Mataji)

(3) Benefits?

(4) How to get the experience?

(Shri Mataji's video?)

(5) Daily meditation

Balancing, Raising Kundalini, Fatsoak

(6) Collective meditation

(Links, regular classes etc.)

→ HW: (1) Prepare a poster with all these sections, images, video etc.

(2) Also, prepare a similar presentation (slides)

(3) Prepare presentation notes with 1 line, 1 para, and detailed summarizing.