



## 4 week Meditation Courses

Starting next week, Australia wide during October & November, 2013

Discover your inner balance: easy to learn • more peace • less stress

Hi Joshua,

Just to let you know that our **free 4 week Courses start next week** at most of our class venues around Australia.

Course will be one session per week for 4 weeks (60 to 90 minutes per session). **Join in at anytime, even if you miss a session. No booking required.**

### Course outline

#### **Week 1 - The importance of inner balance**

What is inner balance and how will it help me; Brief overview of the science of meditation; Experience meditation

#### **Week 2 - Using the elements to establish balance**

What are the elements in nature; Using the elements of nature; Clearing the subtle system.

#### **Week 3 - Maintaining inner balance at home and at work**

Tips to maintaining balance at home and work; Putting meditation into practice; Establishing healthy habits through silence & meditation.

#### **Week 4 - Sustaining inner balance**

Developing an inner awareness and sensitivity; Deepening the experience of meditation; Sustaining the depth and silence in meditation.

### About our sessions

- Suitable for both complete beginners and regular meditators.
- Chairs are provided. No physical exercises, postures or special clothing are required.
- Evening and some daytime classes are available.
- On-going classes in most venues.
- **All courses and classes are free of charge. No booking required.**

**Locate your nearest venue**

To locate your nearest course venue, [click here](#)

We hope to see you soon!

**Sahaja Yoga Meditation Australia**

## Testimonials

*"**Today was an opportunity** to experience a deeper sense of silence."*

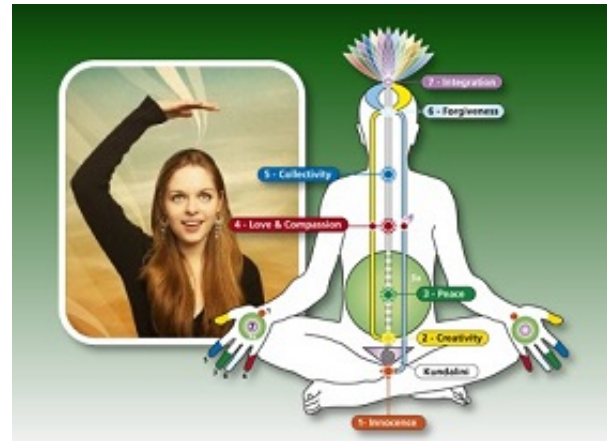
*"**It felt quiet in my mind**, and that surprised me!"*

*"**Glad I came...** enjoyed the refreshing absence of hype and spin."*

*"**A great introduction** to meditation for me. Simple and concise content."*

*"**Gave me a great insight** into something I knew little about."*

***I attend weekly classes** and its very powerful meditating in a group. Today was excellent on a such a large scale."*



Sahaja Yoga Meditation was founded by Shri Mataji in 1970, and is now practised and enjoyed in over 100 countries.

• **National workshops and courses during October and November**, [click here](#)

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