



*"You cannot know the meaning
of your life until you are connected
to the power that created you."*

-Shri Mataji Nirmala Devi

Learn to meditate

Discover a state of
consciousness without
thought, completely
aware and connected
with your spirit.

It's free!

August xx, 6:30 pm

Venue Name

123 Street Name

City Name, XX 12345

wemeditate.co/classes



**Meditate
America**

SAHAJA YOGA
M E D I T A T I O N



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Who am I?

You are the spirit.

Know thyself
through meditation.

All are welcome.

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Is this it?

Is there more to life than
the job and commute?

This free meditation class
uses simple, potentially
life changing exercises,
to put life in focus.

The emphasis is on
experience, not theory.

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