

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

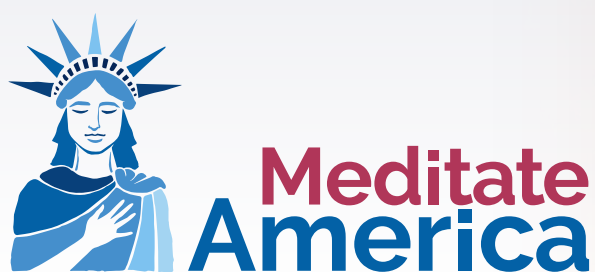
City Name, XX 12345

wemeditate.co/classes



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

-Shri Mataji Nirmala Devi



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

Who am I?

You are the spirit.

Know thyself
through meditation.

All are welcome.



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

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