



Shri Mataji Nirmala Devi

LET'S MEDITATE FOR 21 DAYS

FREEDOM FROM THOUGHTS

Sun, Tue, Thur
Sept 21 – Nov 7

8:45 pm ET

7:45 pm CT

5:45 pm PT



Always Free



us.sahajayoga.org/jan2023

SAHAJA YOGA
MEDITATION



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