



Shri Mataji Nirmala Devi

LET'S MEDITATE FOR 21 DAYS

FREEDOM FROM THOUGHTS

Sun, Tue, Thur

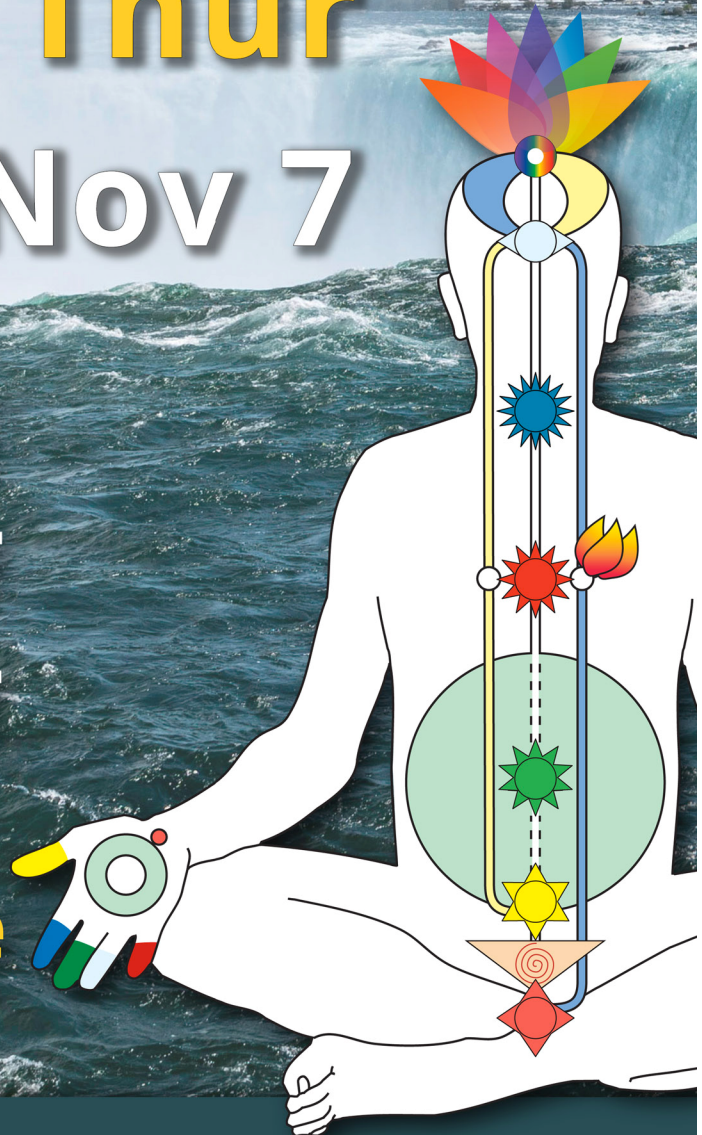
Sept 21 – Nov 7

8:45 pm ET

7:45 pm CT

5:45 pm PT

Always Free



us.sahajayoga.org/jan2023

SAHAJA YOGA
MEDITATION