

Going Deeper sessions - designed to help you improve your meditation

The aim of this going deeper programme is to provide those attending with the opportunity and knowledge to be able to take that next step in their spiritual evolution towards self mastery.

The hope is that through attending this programme, all will feel increased desire to start meditating regularly at home and go deeper in their connection (yoga).

Sahaja Yoga Meditation - Sahaja Yoga is always free.

This going deeper programme is for those who have already received their self realisation.
(Please attend a regular weekly programme - to receive your Self Realisation.)

For London classes - www.sahajayogalondon.co.uk

This advanced programme content will focus heavily on the experience of meditation and thoughtless awareness through the use of:

- in depth, topic specific talks by Shri Mataji,
- a deeper understanding of music as an aid to meditation,
- treatments and how one can clear oneself of blockages,
- more theory and mantras with guest speakers on topics such as health and meditation.

Meditation is a state of profound deep peace that occurs when the mind is calm and silent, yet completely alert.

'Sahaja Yoga Meditation is simple, subtle and real'

Shri Mataji Nirmala Devi (founder of Sahaja Yoga)