

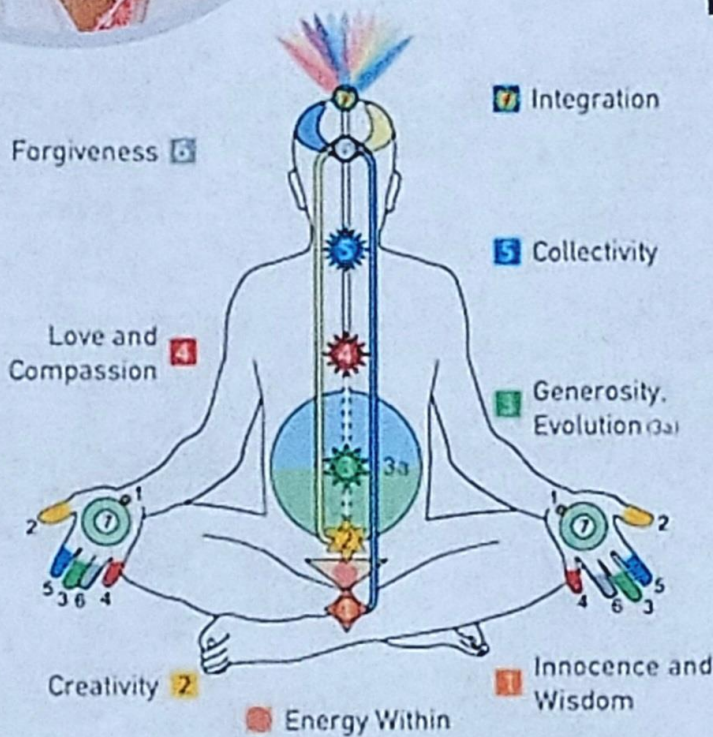


# SAHAJA YOGA MEDITATION

*Discover Peace Within*

**Meditation Saturdays  
11:00 AM-12:00 PM**

**Delton District Library**  
330 N. Grove St.  
Delton



**June 22, July 6,  
July 20, Aug 3,  
Aug 17, Aug 31**

Sahaja Yoga Meditation is rooted in ancient spiritual knowledge. Using simple, straightforward techniques we achieve a state of "thoughtless awareness" that allows us to feel peaceful, balanced, and an increase in overall well-being. We learn to balance our chakras, thereby overcoming feelings of guilt, regrets of the past and fears of the future. We connect with our innate innocence, creativity, love, compassion and forgiveness. Our Kundalini is awakened, rises, and unites us with our true spirit and the all-pervading divine energy.

**ALWAYS FREE**

**[us.sahajayoga.org](http://us.sahajayoga.org)**