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synopsis.

## **Sahaja Yoga South India Seminar**

"jai shri mataji" foip 2019 16th feb, 2019  
@ 6.00pm venue: shilpakala vedika

## **FOIP 2019 - Sahaja Yoga**

The word "Sahaja" (Saha + ja) means born with you or inborn. Whatever is

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inborn manifests without any effort.  
Hence Sahaja Yoga is the name given to  
my system, which is effortless, easy, and  
spontaneous. It is a part of Nature, you  
may call it life's source-the vitality of the  
Divine.

**Sahaja Yoga Meditation - Bangalore,  
Karnataka, South India**

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Sahaja Yoga teaches a unique method of meditation, rooted in ancient spiritual knowledge. You can achieve a state of balance in ten minutes. Continue your practice with our free guided meditations.

### **Home - Sahaja Yoga**

All Sahaja Yoga public programs around

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the world are entirely free of charge and always open to the public. As Shri Mataji Nirmala Devi says, "Truth cannot be sold, it cannot be purchased, it is just to be experienced and enjoyed." Click on a flag for more details.

### **Courses - Sahaja Yoga**

International PUJA Schedule 2020 -



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Sahaja Yoga Additional information PUJA  
Dates Seminar Place Hosting Countries  
New moon Full moon Puja date  
(Panchang calendar) 21,22,23,24,25  
February Brasilia Birthday Sat. 21 March  
19,20,21 March India India Easter Sun.  
19 April 17,18,19 April Jerusalem Israel;  
Russia, Ukraine Tue. 5 May 1,2,3,4 May  
Cabella Shri Kundalini Sun 17 May

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15,16,17 May Malaysia

## **International PUJA Schedule 2020 - Sahaja Yoga**

As per the puja calendar of the Sahaja Yoga Central Committee of India, the NATIONAL SHREE ADI GURU PUJA is to be held at Shirdi, Maharashtra. With the divine grace of Her Holiness Mataji Shree

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Nirmala Devi, we are delighted to invite you to live viewing of the NATIONAL SHREE ADI GURU PUJA, 2020. Date: Sunday, July 5, 2020.

## **Sahaja Yoga, Mumbai | Upcoming Events**

Call on Toll Free Number 1800 30 700 800. About Application; Contact

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## **Sahaja Yoga Meditation Centers in India**

Sahaja Yoga is offering Online Meditation Classes in Bangalore, Welcome to the Inner Journey Living every moment with Online Meditation, a little more “fully” each day. Online Meditation in Bangalore.

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## **Sahaja Yoga Meditation - Online Meditation Classes in ...**

About Sahaja Yoga Meditation Sahaja  
Yoga is a method of meditation resulting  
in evolved spiritual personality through  
the awakening of Kundalini. This process  
of Kundalini Awakening called Self  
Realisation was discovered by H.H. Shri

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Mataji Nirmala Devi in 1970 and has since spread all around the world.

## **Free Meditation - Kundalini Awakening | Sahaja Yoga**

Courses/Retreats, Yoga Teacher Training basic, Yoga Teacher Training advanced, Local Classes, Private Teachers, Yoga Holidays Mandrem, Goa, South India RYS

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Amrutham Yoga and Ayurvedic Centre  
An authentic and friendly environment is  
waiting for you

## **Yoga in South India**

South India Sahajayoga Seminar 2018  
and Shri Ganesh Puja, Chennai  
SahajaYoga Chennai. ... Sahaja Yoga Bal  
Shakti Seminar At Chhindwara

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International Birthday puja 2018 -  
Duration: 5:17.

**South India Sahajayoga Seminar  
2018 and Shri Ganesh Puja, Chennai**  
South India seminar, Shree Krishna puja  
2017, Hyderabad.

**Seminar on "Diet in Sahajayoga" (**



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## **Dr. Pansare)**

Ashtanga Yoga of Patanjali Also known as the Eight-Fold Path of Yoga, Ashtanga Yoga is synonymous with Raja Yoga and is a complete science in itself. As codified by Sage Patanjali in his Yoga Sutras (consisting of 195 sutras or aphorisms), the principles of this yogic path are systematically outlined and

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divided into the following eight ( ashta ...

## **Sahaj Marg Raja Yoga Meditation - Raja Yoga**

Centres in South Africa. You are invited to attend our regular programmes and workshops, which are held in the following areas. They are always free of charge. For international contacts visit

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our website: [www.sahajayoga.org](http://www.sahajayoga.org).

Sahaja Yoga is established in  
Johannesburg, Cape Town, Durban,  
Knysna, Pietermaritzburg.

## **Centres in South Africa - Sahaja Yoga South Africa**

The International Sivananda Yoga  
Vedanta Centres organisation with

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locations around the world is dedicated to the teaching of classical yoga and vedanta to promote physical, mental and spiritual health. The Organisation is recognised internationally as one of the most important and authentic yoga institutions in the world.

**Home - Sivananda Yoga Vedanta**

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## **Centres**

Sahaja Yoga is a simple meditation technique to receive your self-realization. With the process of awakening your inner spiritual energy, you will learn simple techniques on how you may continue the practice of meditation at home. Programs and Classes are offered Free of Charge to

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anyone who may wish to discover the peace within.

## **Sahaja Culture - Programs and Classes**

The Vishwa Nirmala Prem Ashram is a not-for profit project by the NGO Vishwa Nirmala Dharma (Sahaja Yoga International) located in Noida, Delhi,

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India, opened in 2003. The ashram is a "facility where women and girls are rehabilitated by being taught meditation and other skills that help them overcome trauma".

### **Sahaja Yoga - Wikipedia**

Its surprising simplicity combined with immediate and tangible results has

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proven that Sahaja Yoga Meditation is a wholesome and enriching experience. If you have little or no experience with meditation, "Our Online Meditation Course" will get you up and started quickly and easily.

**Online Meditation Courses - Learn  
how to meditate!**



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Meditation classes; Sahaja Yoga. Sahaja Yoga – The Ultimate Spiritual Experience; 10 reasons why you should practice Sahaja Yoga; Community work of Sahaja Yoga; Shri Mataji Nirmala Devi – founder of Sahaja Yoga; The message of love; Testimonials & Success Stories; FAQ about Sahaja Yoga Meditation; Blog; Support. Contact; Useful links ...

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## **Kamakshi Stuthi - Freemeditation.com**

Sahaja Yoga Meditation New York. More than 40 FREE classes are held across Tr-State. ... Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join

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or to unite, symbolizing the union of  
body and consciousness. ... South Wall,  
near East Lounge ...

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