

In this up-close, inspirational presentation Mother Maya helps you to invoke your absolute power of living ahimsa to awaken Self-awareness and enrich your life with peace, joy, love & wellness.

**Sunday February 5th**

**Living Ahimsa Meditation & Peace Mandala**

**9:30am-12.30pm**

This awe-inspiring event will bring your community together in celebration of the one harmony, healing and love. A Mandala is created from Mother Nature's grains, legumes and seeds- symbolic of the maternal abundance reflected in our sacred inner nature. Invoke the intention of inner harmony in thought, speech and action. Take the sacred Vow of Ahimsa with Mother Maya. Fee: \$54

**Sunday February 5th**

**Women's Power to Heal**

**2.00-4:30pm**

Drawing on the ancient healing wisdom practices of Wise Earth Ayurveda, Mother offers a revolutionary idea- women contain the primordial power to heal themselves—Shakti. Mother teaches the key principles of this inner medicine healing. Fee: \$54

**Monday, February 6th**

**Women's Power to Heal**

**6:30pm-9:00pm**

Drawing on the ancient healing wisdom practices of Wise Earth Ayurveda, Mother offers a revolutionary idea - women contain the primordial power to heal themselves - Shakti. In this workshop Mother teaches the key principles of this inner medicine healing. Fee: \$54

**Location:**

New Living Yoga Centre 104 Maitland Road Islington NSW

**Tuesday February 7th**

**Living Ahimsa Meditation**

**7:00am-9:00am**

In this highly participatory Living Ahimsa Meditation you will learn four essential Vedic practices to invoke your power of awareness and make inner harmony your first priority. Renounce violence, transform negative thoughts and actions; and learn to heal completely. By Donation

**Location:**

Miriam Gardens 59 E K Avenue Charlestown AU

**Tuesday February 7th**

**Satsanga 7:00-9:00pm**

Satsanga is a time of celebration and joy. In this up-close, inspirational session with Mother Maya, you'll learn to apply the profound intent of ahimsa as a personal tool to awakening self-awareness and to live a life enriched by joy, humour, love and wellness. Fee: \$27

**Location:**

Newcastle Town Hall King Street, Newcastle

**For more information contact:**

Mary Woolley 0400 494 166

mary@anandaveda.com.au

**National Organizer:** Linda Burr

Linda Burr on 0431 300 151

lindaleila@iprimus.com.au