

SAHAJA YOGA COURSE EXCLUSIVELY THROUGH



Valéria Ferreira - Brazil



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COURSE STRUCTURE:

NUMBER OF CLASSES: seven

PERIOD: seven consecutive days , including weekends

DURATION: 30/45 minutes + chat session with participants

FOLLOW UP: continuous, daily, after the eighth day

SUPPORT TEAM: 7 Sahaja Yogis

IMPORTANT ISSUES



- Shree Mataji is introduced as a divine incarnation
- Theory about chakras is not more important than to practice thoughtless awareness. This is why we have only 7 classes.
- The World of Deities and the mantras are considered natural aspects of Sahaja Yoga Cultura
- During follow up, priority is to give them clear orientation about meditation techniques, and how to clear the Subtle Body.
- It is very important to show clearly that meditation is different from relaxation other things.

THE CLASSES CONTENT



CLASS 1: audio introduction about
Sahaja Yoga + Self Realization with Shree
Mataji's Video

CLASS 2: Tree Channels

CLASS 3: Mooladhara chakra

CLASS 4: Swadhistana, Nabhi, Void

CLASS 5: Anahata

CLASS 6: Vishuddhi

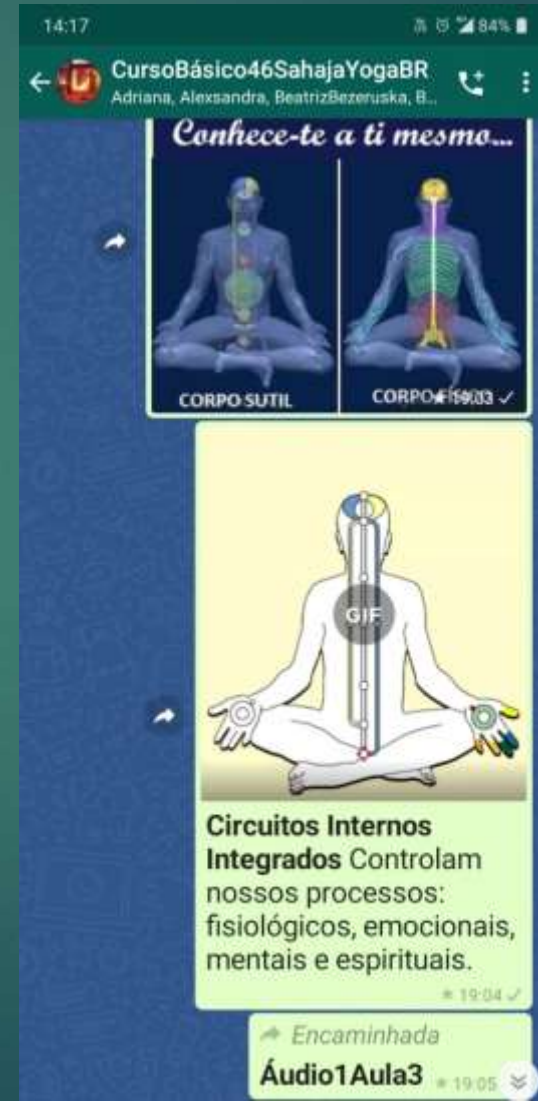
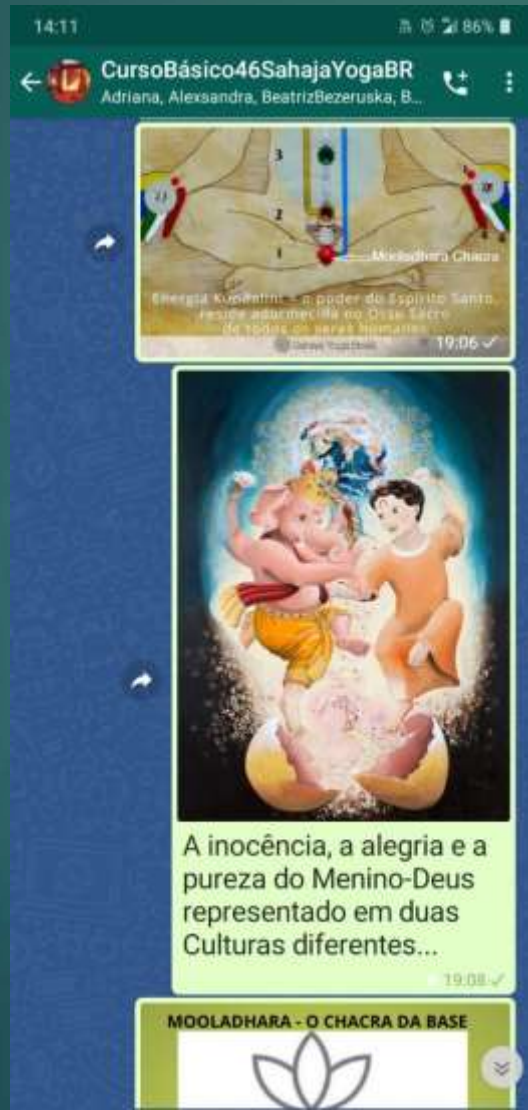
CLASS 7: Agnya and Sahasrara



- **COMPLEMENTARY
LECTURES**
- **SELF CARE DOCs**

HOW TO BUILD A CLASS

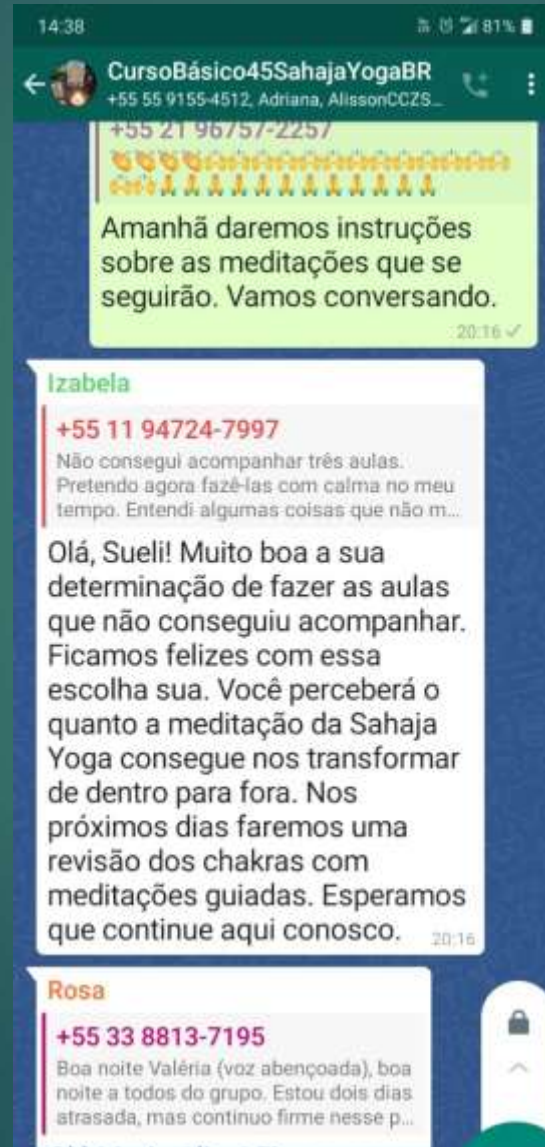
Audios + Illustrations + Texts + Videos + Gifs



CHAT SESSION



About 30/45 questions
per class



COMPLEMENTARY LECTURE



- Shree Mataji's talks
- Texts about chakras + mantras
- Texts about plexus
- Self care (clearing techniques)

<https://drive.google.com/drive/folders/1ZmUQB1AC7ixi3TkuTZ6VyDfhhw5LyDur?usp=sharing>

<https://drive.google.com/drive/folders/1ZdoVyDku9yEwuLxPIZ0kFkbYu1O71pBi?usp=sharing>



ADVERTISEMENTS



SAHAJA YOGA
46ª TURMA
- Curso todo pelo Whatsapp -

Sejam todos muito bem vindos! aos 7 encontros de 30' consigo mesmo!

Áudios
Vídeos
Textos
Músicas
e belas ilustrações

Conecte-se ao seu espírito...

MEDITAÇÃO SAHAJA YOGA
Cultura do Espírito

Por que a maioria das religiões fala de Deus no masculino?

Vamos conversar sobre isso no

CURSO GRATUITO TODO PELO WHATSAPP

Conhecimento da Mestra Iluminada Shree Mataji Nirmala Devi

INÍCIO - 28.09

Venha e traga os amigos - Venha e traga os amigos - Venha e traga os amigos

MEDITAÇÃO SAHAJA YOGA
Cultura do Espírito

Curso gratuito todo pelo Whatsapp

Conhecimento da Mestra Iluminada Shree Mataji Nirmala Devi

INÍCIO - 01.06

Venha e traga os amigos - Venha e traga os amigos - Venha e traga os amigos

Conhece-te a ti mesmo

Podem se inscrever!

CURSO DE MEDITAÇÃO SAHAJA YOGA
TODO PELO WHATSAPP
Nova Turma já aberta!

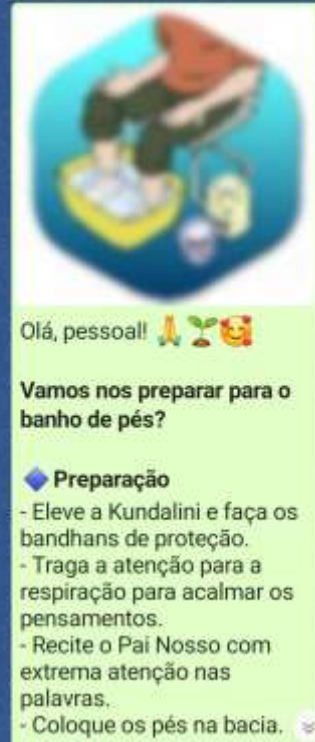
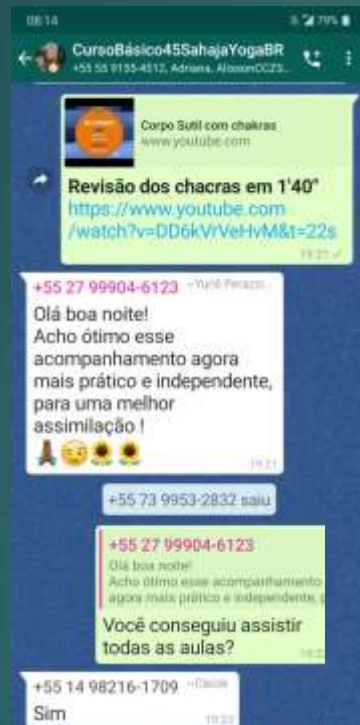
- Instagram: feed, stories, reels
- Facebook
- Google
- Twitter
- Sahaja Yoga groups
- Private lists

FOLLOW UP 1

AFTER FINAL CLASS, during 2 weeks



-CARTÃO DE MEDITAÇÃO-
MEDITATION CARD



- Two days to organize the content of the classes and answer eventual questions
- Introduction of Meditation Card
- Chakras revision with audio meditations + Shree Mataji's talks

FOLLOW UP 2

AFTER CHAKRAS REVISION



<https://drive.google.com/drive/folders/1R8TGvWtQf00GT0KKhk-tX933602A0fHZ1?usp=sharing>



- Shri Mataji 's photo suggestions to print out
- Option to follow Daily Meditation in Sahaja Yoga Youtube channel, twice a day: at 5a.m and 21p.m

GOING DEEP



After a period between 5 and six months, we invite people to go deep in Sahaja Yoga Culture.

14 sessions, twice a week

We think this is going to last forever...



JAI SHREE MATAJI!