



SATHYA SAI INTERNATIONAL ORGANISATION OF AUSTRALIA & PNG
NSW REGION WEST YOUNG ADULTS
INVITE YOU TO A



SEARCHING FOR ANSWERS?
NOT SURE WHERE TO START?
WORRY NOT, OUR
FACILITATORS ARE READY TO
GUIDE YOU!

Sathya Sai Baba
Sathya Sai Newsletter.
Spring 1994, p. 37. 27 ibid. pp.
4-5.

HEALTH & WELLBEING WORKSHOP

*'We should see that proper balance is maintained
between the physical body and inner feelings.
Modern man is continually in a hurry. Hurry causes
worry which affects physical health. The main
causes of heart trouble may be said to be hurry,
worry and curry.'*

DATE: Sunday, 8 December 2019
TIME: 2:00 PM - 5:00 PM
LOCATION: Sai Lighthouse
Unit 14/47 Third Ave, Blacktown NSW

FOR FURTHER INFORMATION CONTACT - KAILAESH 0430 851 311 | SINDUJA 0416 565 187