



## Mother Maya - Living Ahimsa comes to Newcastle

Do not miss the opportunity to sit at the feet of this amazing Teacher and experience firsthand true Grace.

During the Living Ahimsa World Tour Mother Maya creates the indelible bonds of love, humour, enlightenment, kindness and compassion that connect us as a "human family". The Living Ahimsa World Tour offers education of the Whole Self, complete with potent practices to live in inner harmony, happiness and wellness. In these up-close, inspirational presentations 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.

### Living Ahimsa Meditation & Peace Mandala

**Sunday 5 February - 9:30am-12.30pm, Newcastle Town Hall**

**Cost: \$54**

Living Ahimsa invokes your memory of joy and harmony, and wellness and is centered on your personal cultivation of awareness. You will learn about the anatomy of mind from the Vedic perspective, and how to invoke your power of awareness and make inner harmony your first priority. A Mandala is also created from the bountiful food of Mother Nature's grains, legumes and seeds, symbolic of the maternal abundance reflected in our sacred inner nature. In the creation of a Living Ahimsa Peace Mandala, we offer gratitude to Mother Nature while invoking the intention to cultivate inner harmony in thought, speech and action. For this, we take the Vow of Ahimsa.

It is extraordinary how each Mandala reflects the collective awareness of the group and the totemic implication of the native culture in Australia where the potent spirit of the Australian Aboriginal culture permeates the psyche of the participant who contributes to the shaping, and vibrant texture of the Living Ahimsa Mandala. The mandala created during Mother's last visit to Newcastle was immediately recognised as the local totem Muk - the Owl

### Women's Power to Heal

**Sunday 5 February - 2.00-4:30pm, Newcastle Town Hall and  
Monday 6 February - 6.30-9.00pm, New Living Yoga (limited to 50 participants)**

**Cost - \$54**

For everyone; women, men, mothers, and teen daughters are welcome.

Drawing on the ancient healing wisdom and practices of Wise Earth Ayurveda, world-renowned expert and spiritual teacher Mother Maya offers a revolutionary idea: that women contain the power within themselves to reconnect with their Shakti (primordial feminine energy) and ultimately heal themselves. We also invite men to attend and discover their connection to the healing power of their Shakti energy.

Contemporary women are faced with unprecedented levels of stress, and fatigue and a profound disconnection with their inherent femininity; you will learn the importance of restoring the Shakti energy necessary to revitalize your physical, emotional, and spiritual well-being.

In this practical, entertaining, and informative workshop, Mother Maya teaches how Ayurveda's ancient lunar practices for women of all ages, and backgrounds can transform disease and despair into health and inner harmony. You will learn to care for your reproductive health, reclaim your natural cycles in accord with lunar rhythms, and restore your feminine beauty.

### Living Ahimsa Meditation & Peace Mandala

**Tuesday 7 February - 7:00am-9:00am, Miriam Gardens, 59 EK Ave Charlestown**

**Cost: By Donation**

Join with Mother Maya to greet the morning sun under the shade of the Mother tree on the beautiful lawns of Miriam Gardens. This is an event not to be missed as we join in celebration with chanting and dancing as Mother's voice in the Vedic chants swells our hearts and minds. Mother has also invited the members and elders of the indigenous Aboriginal community to join her in this celebration of peace.

Mother has also requested that a Peace Mandala also be a part of this event so the time frame will be extended.