

SAHAJA YOGA MEDITATION

Stichting Sahaja Yoga Nederland

SPIRITUAL & COMMUNITY
ORGANISATIONS SHOWCASE

Inner stillness. Shared connection.



MEDITATION / SELF-KNOWLEDGE / COMMUNITY

01 Who we are

Stichting Sahaja Yoga Nederland is a Dutch non-profit organisation sharing the meditation practice founded by Shri Mataji Nirmala Devi. Centred on Self-realisation and “thoughtless awareness”, Sahaja Yoga welcomes people of different ages, cultures and beliefs to explore inner silence, in person and online.

02 What we do

Free introductory courses

Learn the foundations of Sahaja Yoga meditation through courses in the Netherlands.

Online meditation

Join guided practice and learning from home, alongside an international community.

Community events

Meet through meditation, music and opportunities for shared learning.

06 One message to take away

Make time for inner silence, and carry a spirit of care and connection into everyday life.

03 The need we respond to

For people seeking space to pause, explore spirituality and get to know themselves, meditation offers a reflective practice. Sahaja Yoga places inner silence and spiritual growth at the heart of this exploration.

04 A Living Dharma connection

Regular meditation brings spiritual reflection into daily practice. Sharing the practice freely and welcoming different backgrounds connects inner development with service, openness and respect for others.

05 Towards world citizenship

Open sessions bring people together around a shared practice. Accessible teaching and intercultural participation can support dialogue, a sense of belonging and a more caring community.

Organisation information: sahajayoga.nl · Illustration: AI-generated

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Organisation showcase · VU Amsterdam

