

**\*Country contact by phone or email**

Not all countries have a website yet, so please use this list to locate meditation classes for your country.

- ❖ Argentina (54-11) 4863-3291 / [info@sahajayoga.org.ar](mailto:info@sahajayoga.org.ar)
- ❖ Aruba (297) 839 662
- ❖ Australia (61 2) 401 676 624 / [freemeditation.com.au](http://freemeditation.com.au)
- ❖ Austria (43 1) 609 11 31
- ❖ Bahrain 00-973-39575301, 00-973-39418793 / [sahajbahraincommittee@yahoo.com](mailto:sahajbahraincommittee@yahoo.com)
- ❖ Belarus (7 0172) 62 68 27
- ❖ Belgium (32 83) 21 47 31
- ❖ Benin (229) 21 25 25
- ❖ Bhutan (00975) 2-326460 / [rajeshkafley@hotmail.com](mailto:rajeshkafley@hotmail.com)
- ❖ Bolivia (591 42) 47740
- ❖ Bulgaria +359 888 268710
- ❖ Cameroon (00237)99.93.28.11, (00237)77.69.08.13 / [conseilnationlcamerounsy@yahoo.fr](mailto:conseilnationlcamerounsy@yahoo.fr)
- ❖ Canada (1 416) 614-7338 : (1 604) 597-8440
- ❖ Chile (56 2) 2207237 / [sahajayogachile@yahoo.com](mailto:sahajayogachile@yahoo.com)
- ❖ Colombia (571) 214-3971
- ❖ Cyprus +357 24 639108 / +357 99 832868 / +357 99605826 / [inna@cytanet.com.cy](mailto:inna@cytanet.com.cy)
- ❖ Czech Republic (420 2) 9972310
- ❖ Denmark 45 38118915 / [info@sahajayoga.dk](mailto:info@sahajayoga.dk)
- ❖ Estonia 37255-640333 / [sahaja.yoga@mail.ee](mailto:sahaja.yoga@mail.ee)
- ❖ Finland +358 50 5231422 / [info@jooga.org](mailto:info@jooga.org)
- ❖ France (33 1) 43 30 57 25
- ❖ Georgia, Republic of (7 8832) 38 95 24
- ❖ Germany (49 3322) 20 88 70
- ❖ Greece (30 1) 822 9262 / [inna@cytanet.com.cy](mailto:inna@cytanet.com.cy)
- ❖ Hong Kong (852) 25045260
- ❖ Hungary (36 1) 218-0493
- ❖ Indonesia (including East Timor) 62 81387666688 / [sahajayogaindonesia@hotmail.com](mailto:sahajayogaindonesia@hotmail.com)
- ❖ Ireland (Eire) (3531) 282 5542
- ❖ Israel (972 3) 506 1214 / [sy\\_israel@hotmail.com](mailto:sy_israel@hotmail.com)
- ❖ Italy (39 744) 919-851
- ❖ Japan (81-3)3469-1027, (81-426)78-2923 / [hitoshii@t3.rim.or.jp](mailto:hitoshii@t3.rim.or.jp)
- ❖ Kazakhstan (7 3252) 12 13 68
- ❖ Kenya 254.2.604999 / [moweke@hotmail.com](mailto:moweke@hotmail.com)

[shrimataji.org](http://shrimataji.org)

- ❖ Kuwait 00965 66803525 / sriram\_n@hotmail.com
- ❖ Latvia (00 371) 9195326, (00 371) 7532656 / sahayayoga@void.lv
- ❖ Lithuania (37 02) 47 81 43
- ❖ Macedonia, Republic of 389 70 22 59 23
- ❖ Malaysia 603- 6140 3388 or 6012- 273 86 22 / sahayayogamsia@pd.jaring.my
- ❖ Mexico (52 5) 575 1949
- ❖ Moldova +3732 2 73 87 80, 29 46 02 / irinanori@yahoo.com, corina1970@mail.ru
- ❖ Netherlands (31 20) 697-2038
- ❖ New Zealand (64 9) 418 3824
- ❖ Norway +47 67412335/+4792209733 / sahajnet@start.no
- ❖ Peru (Home) 511 264-6800, (Cell) 511 9278-0734 / crramosh@hotmail.com
- ❖ Philippines Res: (0632)5782068 Off: (0632)7529080-81
- ❖ Poland (48 22) 751 3520
- ❖ Portugal + 351 915 626 432 / +351 918 758 313 / +351 935 55
- ❖ Reunion 0262 412028 / nirmal-run@ifrance.com
- ❖ Romania (40 1) 777 7216
- ❖ Russia (7 095) 541 3745 / info@sahajayoga.ru
- ❖ Seychelles (248) 322 743
- ❖ Sierra Leone (232) 25316
- ❖ Slovak Republic (Slovakia) (42 17) 54415493
- ❖ Slovenia 386-41-428333
- ❖ South Africa 27-11-766-3558
- ❖ Spain (0034) 91 715 8788
- ❖ Sweden +46/8-7610033 / froelen@bredband.net
- ❖ Switzerland (41 22) 779 20 37
- ❖ Taiwan (886 2) 715 5208
- ❖ Thailand (662) 712 14 18
- ❖ Tunisia (43 1) 381 559
- ❖ Turkey (0090) 212 248 31 22
- ❖ Ukraine (380-44) 442 68 71
- ❖ United Arab Emirates (971) 426 36327
- ❖ United Kingdom (44 181) 930 5621
- ❖ Uruguay (59 82) 60 77 09

\*Information source:

[https://www.freemeditation.com.au/class\\_workshops/worldwide/country-contact/](https://www.freemeditation.com.au/class_workshops/worldwide/country-contact/)

[shrimataji.org](http://shrimataji.org)

Her Holiness Shri Mataji Nirmala Devi  
Founder of Sahaja Yoga meditation

