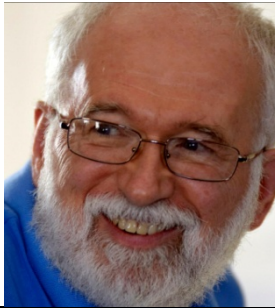




*Toward Stillness
Meditations*
www.towardstillness.com





MEDITATION ON WEDNESDAYS Summer 2017



Tony Murdock, MA, Meditation Facilitator

Tony Murdock has been practicing meditation and studying yoga philosophy and mysticism since 1972. He has a Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies. Tony has been sharing meditation with others since 1998.

Wednesdays 7:30 – 9:00 pm

<p>July 12 – Aug 2</p>	<p>The Vishuddha (Throat) Chakra: Healing Meditations Using our Voice, Music and Mantras (\$100.00 + hst) – 4 Week</p>  <p>In this class series we will explore Nada Yoga, the yoga of sound, using our voice, music and mantras, as a means to heal and strengthen our throat chakra.</p>
<p>Aug 9 - 30</p>	<p>The Anahata (Heart) Chakra: Opening Our Spiritual Heart (\$100.00 + hst) – 4 Weeks</p>  <p>In this class series we will explore Bhakti Yoga, the yoga of devotion, using heart centered meditations as a means to heal and strengthen our heart chakra.</p>

Mind to Body Yoga and Fitness

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To Register, go to www.mindtobody.ca or call 905-712-YOGA

