



*Toward Stillness
Meditations*

www.towardstillness.com



HOW TO GET A GOOD NIGHT'S SLEEP



Tony Murdock, MA,
www.towardstillness.com

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.

HOW TO GET A GOOD NIGHT'S SLEEP

Our sleep cycle is a time for healing and rejuvenation. In this workshop, we will learn meditation techniques and breathing exercises that will help us get a good night's sleep. We will learn how to relax and clear the mind. We will learn how to slow the body's metabolism down. We will learn how to go into a deep sleep and wake up refreshed.

Sunday: April 28th

1:30 – 3:30 pm

Fee: \$35.00 + hst

Please register early due to limited space.

LOCATION:

LEELA, space for yoga, massage and more
6954 Lundy's Lane, Niagara Falls, L2G 1V9

To Register call Sheena Cuning (905) 354.3181,
register at the Front Desk, or go to

www.leelaspace.com

