

# Meditations for Relieving Emotional Stress

**Date & Time:** Sunday, March 16th, 2:30-4:30 pm

**Fee:** \$40 + HST

(Community Members Receive 10% Off)

**Instructor:** Tony Murdock, MA, Meditation  
Facilitator

Join Tony Murdock (Clayton's Meditation teacher) as he leads you through a meditation workshop geared to helping relieve emotional stress. In this session we will practice some ancient Yogic and Tibetan Buddhist Healing Meditation techniques to open and clear emotional blockages.



Tony Murdock has been practicing meditation and studying yoga philosophy and mysticism since 1972, focusing on the teachings of Paramahansa Ramakrishna. Tony has a Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies.

He has been sharing meditation with others since 1998.

*Register now!  
Space is limited.*



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