



## TUESDAY MEDITATION SESSIONS SPRING 2014



**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.

<b>TUESDAYS 7:00 – 8:25 pm</b>	
<b>Mar 18</b>	<p align="center"><b>An Introduction to Meditation Workshop (\$25.00 + hst) – 1 Week</b></p> <p align="center">Learn 8 different meditation techniques from a variety of meditation traditions.</p>
<b>Mar 25 – Apr 15</b>	<p align="center"><b>Healing Through the Chakras (\$100.00 + hst) – 4 Weeks</b></p> <p align="center">In this class series we will explore the psychology and symbolism of the chakras, learn meditations to clear blockages and open ourselves to our spiritual potential.</p>
<b>Apr 22 – May 13</b>	<p align="center"><b>Stress Reduction, Relaxation and Meditation (\$100.00 + hst) – 4 Weeks</b></p> <p align="center">In this session, the focus will be on de-stressing the physical body, calming the restless mind, opening the constricted heart, and harmonizing all aspects of our being.</p>
<b>May 20 – June 10</b>	<p align="center"><b>The Laws of Attraction, Meditation and Spiritual Unfoldment (\$100.00 + hst) – 4 Weeks</b></p> <p align="center">Learn the basic principles of the Laws of Attraction, and how they can bring more abundance into your life, deepen your meditation practice, and enhance your spiritual development.</p>

**Beginners and Experienced Meditators Welcome**  
\*\*\*Space in Limited...please register early\*\*\*

Yoga by Sarah  
20 Grote Street  
St. Catharines, ON L2N 2E7

To register call (905) 682-4469

