

Healing Ourselves, Healing Others

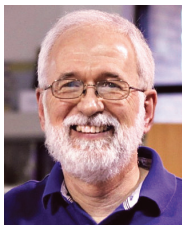
Date & Time: Saturday, May 24th, 2:30-4:30 pm

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 this healing meditation workshop. Using healing techniques from a variety of spiritual meditation traditions and with the use of positive intentional mental imaging, we will explore the potential of healing and harmonizing our body, our thoughts, and our emotions with our inner Spirit. We will also learn techniques to help heal others, in person and remotely.



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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