

Exploring Meditations From The Indian Tradition: Getting Started, Going Deeper

Date & Time: 4 Week Series

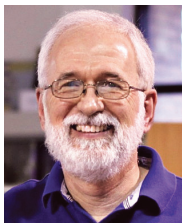
Thursdays 8:00-9:30 pm - May 8th-29th

Fee: \$100 + HST

(Community Members Receive 10% Off)

Instructor: Tony Murdock, MA,
Meditation Facilitator

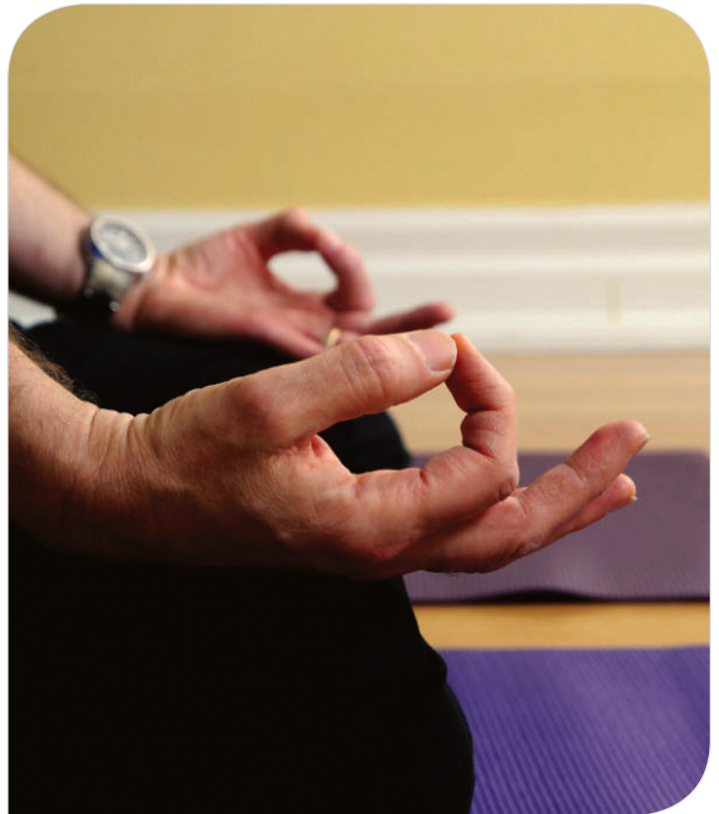
This four week series is designed for both beginners, helping them get started, and for experienced meditators, helping them go deeper. We will practice a variety of techniques from the meditation traditions of India. We will attempt to assess which meditations are right for you personally, when the best time is for you to meditate and what the best location is. We will outline the benefits of meditation and examine the obstacles to a successful meditation practice.



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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