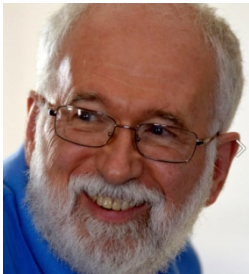




*Toward Stillness  
Meditations*  
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# TUESDAY MEDITATION SESSIONS JULY 2014



**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.

**TUESDAYS 7:00 – 8:25 pm**

**An Introduction to Mantra Meditation and Nada Yoga  
(\$100.00 + hst) – 4 Weeks**

July 8 –  
July 29

Learn how use sound, sacred words, sacred phrases, vibrations and affirmations to help you keep your attention in meditation, and to deepen your practice.

**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

