



*Toward Stillness  
Meditations*  
www.towardstillness.com



## THURSDAY EVENING MEDITATION SESSIONS FALL 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.

THURSDAYS 8:00 – 9:30 pm	
Sept 11	<b>A Meditation Sampler (\$25.00 + hst)</b> Enjoy a variety of meditations from several meditation traditions.
Sept 18 – Oct 9	<b>An Introduction to Meditation (\$100.00 + hst)</b> You will learn how to set up a home practice. Discover the meditation process that is right for you.
Oct 16 - Nov 6	<b>Healing Meditations (\$100.00 + hst)</b> In this 4 week class series we will practice meditation techniques that will help us to take the stresses out of our physical bodies, calm our restless minds, cleanse our emotional hearts, and increase our vitality.
Nov 13 – Dec 4	<b>Healing Through the Chakras (\$100.00 + hst)</b> 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.
Dec 11	<b>Stress Reduction for the Holiday Season (\$25.00 + hst)</b> Be ready to take control of your holiday season!!!

Beginners and Experienced Meditators Welcome

\*\*\*Space is Limited...please register early\*\*\*

Chrysalis Yoga  
4040 Palladium Way, Unit 11  
Burlington ON L7M 0V6

To register call (905) 319 9111

