

*Toward Stillness
Meditations*

www.towardstillness.com



A "TOWARD STILLNESS MEDITATIONS" WORKSHOP

STRESS REDUCTION FOR BUSY PEOPLE



**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 teaching meditation since 1998.

STRESS REDUCTION FOR BUSY PEOPLE

Wed Evening: Oct 1st, 2014

7:30 – 9:00 pm

Fee: \$25.00 (\$15.00 Patients) + hst

Learn simple, quick but effective stress reduction and meditation techniques that can help you ease your stresses, help you get through your busy day and help you sleep at night.

ERIN CENTRE CHIROPRACTIC

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PRIVATE SESSIONS AVAILABLE