

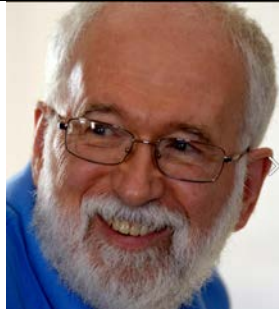


*Toward Stillness  
Meditations*

[www.towardstillness.com](http://www.towardstillness.com)



# MEDITATIONS FOR OPENING THE SPIRITUAL HEART



**Tony Murdock, MA,**  
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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.

## MEDITATIONS FOR OPENING THE SPIRITUAL HEART

**Meditation can be used to help us heal emotional wounds.  
In this workshop we will learn meditations to help clear emotional  
blockages and open ourselves to the joys of the spiritual heart.  
In addition, we will spend some time discussing the psychology and  
symbolism of the Heart Chakra.**

**Sunday: Oct 26<sup>th</sup>**

**1:30 – 3:30 pm**

**Fee: \$35.00 + hst**

**Please register early due to limited space.**

### **LOCATION:**

**LEELA, space for yoga, massage and more**  
6954 Lundy's Lane, Niagara Falls, L2G 1V9

To Register contact Lindsay Milburn (905) 354.3181 or [info@leelaspace.com](mailto:info@leelaspace.com),  
or register at the front desk

[www.leelaspace.com](http://www.leelaspace.com)

