



*Toward Stillness
Meditations*
www.towardstillness.com



THURSDAY MEDITATION SESSIONS WINTER 2015



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	
Jan 8	<p align="center">How to Get a Good Night's Sleep Workshop (\$30.00 + hst) – 1 Week</p> <p align="center">We will learn some simple but effective relaxation techniques to help us get to sleep and have a better quality sleep.</p>
Jan 15 – Feb 5	<p align="center">An Introduction to Meditation (\$100.00 + hst) – 4 Weeks</p> <p align="center">In this class series we will explore simple but effective meditation techniques to take the stresses out of our body, to relieve our emotional blockages, to calm our mental restlessness, and to connect us to our innate spiritual nature.</p>
Feb 12 – Mar 5	<p align="center">The Laws of Attraction: Meditations and Goal Setting (\$100.00 + hst) – 4 Weeks</p> <p align="center">Learn the basic principles of the Laws of Attraction, and how they can bring more abundance into your life, deepen your meditation practice, and enhance your spiritual development.</p>
Mar 12	<p align="center">Meditations for Relieving Emotional Stress Workshop (\$30.00 + hst) – 1 Week</p> <p align="center">In this workshop we will focus on meditations to help us remove our emotional stresses and to open our spiritual heart.</p>

Beginners and Experienced Meditators Welcome
Space in Limited...please register early

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

To register call (905) 319-9111

