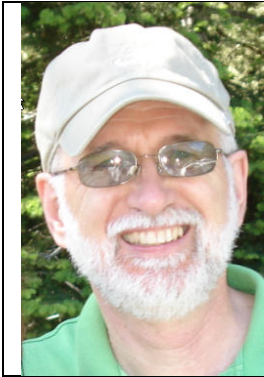




AN INTRODUCTION TO MEDITATION



**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.

AN INTRODUCTION TO MEDITATION

Wed Evening: Feb 18th, 2015

7:00 – 8:30 pm

Fee: \$25.00 (\$15.00 Patients)

In this workshop we will learn simple but
effective meditation techniques
to help us take the stresses out of our body,
to calm the restless mind,
to relieve our emotional anxieties
and to bring harmony back into our lives.

ERIN CENTRE CHIROPRACTIC

2690 Erin Centre Blvd

Mississauga ON L5M 5P5

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PRIVATE SESSIONS AVAILABLE