



*Toward Stillness  
Meditations*  
www.towardstillness.com



## THURSDAY MEDITATION SESSIONS SPRING 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.

<b>THURSDAYS 7:30 – 9:00 pm</b>	
<b>Mar 26 – Apr 16</b>	<p><b>An Introduction to Meditation (\$100.00 + hst) – 4 Weeks</b></p> <p>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>
<b>Apr 23 – May 14</b>	<p><b>Healing Ourselves, Healing Others (\$100.00 + hst) – 4 Weeks</b></p> <p>Using prayer, meditation and visualization techniques, we will strive to relax and remove the stresses from our physical body; we will examine ways to calm the restless mind; we will practice methods to heal and open the constricted heart; and we will attempt to connect with your Spiritual Self. We will also explore methods for the Healing of others.</p>
<b>May 21 – June 11</b>	<p><b>Buddhist Meditations (\$100.00 + hst) – 4 Weeks</b></p> <p>You will be introduced to meditations derived from a number of Buddhist traditions, including Zen Meditation, Vipassana Meditation and the healing meditations of Tibetan Buddhism.</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**

