



MEDITATIONS FOR THE MANIPURA CHAKRA STRENGTHENING OUR CORE VIBRATION



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.

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मणिपूर चक्र maṇipūra cakra

In this workshop we will explore the symbolism and the psychology of the navel chakra. Using sounds, visualizations, breathing practices and guided meditations, we will develop our will power, strengthen our self esteem and courage, firm up our boundaries and fuel the 'fire' of transformation.

Saturday: July 18th

1:00 – 3:30 pm

Fee: \$40.00 + hst

Yoga by Sarah

**20 Grote Street
St. Catharines, ON
L2N 2E7**

To register call (905) 682-4469

