



## TUESDAY MEDITATION SESSIONS SUMMER 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>TUESDAYS 7:00 – 8:25 pm</b>	
<b>July 7</b>	<b>A Meditation Sampler</b> <b>(\$30.00 + hst)</b> <p>In this workshop 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>July 14 – July 28</b>	<b>Healing Mantra Meditations</b> <b>(\$75.00 + hst) – 3 Weeks</b> <p>Learn how use sound, sacred words, sacred phrases, vibrations and affirmations to help you keep your attention in meditation, to assist in personal healing (removing obstacles), and to deepen your meditations.</p>
<b>Aug 4 – Aug 25</b>	<b>Meditations from Ancient India</b> <b>(\$100.00 + hst) – 4 Weeks</b> <p>You will be introduced to meditations derived from various traditions of ancient India. You will learn the distinctions between Yoga Meditations and Vedanta Meditations, as well as meditations aligned with Bhakti Yoga, Jnana Yoga, Karma Yoga and Raja Yoga.</p>

**Beginners and Experienced Meditators Welcome**

**\*\*\*Space in Limited...please register early\*\*\***

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

**To register call (905) 682-4469**

