



*Toward Stillness
Meditations*
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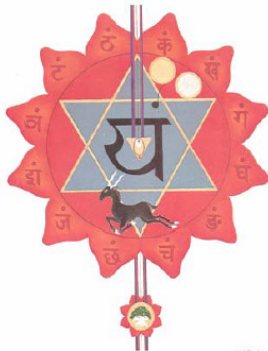
MEDITATIONS FOR THE ANAHATA CHAKRA OPENING THE SPIRITUAL HEART



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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अनाहत चक्र anāhata cakra

In this workshop we will explore the symbolism and the psychology of the heart chakra. Using sounds, visualizations, introspections and guided meditations, we will 'ease' away the heaviness that stands in the way of experiencing an open, happy and joyous spiritual heart.

Sunday: Aug 15th

1:00 – 3:30 pm

Fee: \$35.00 + hst

4 What It's Worth

215 Locke St S

Second Floor

Hamilton ON L8P 4B6

To register call (905) 928-9706

