

*Toward Stillness
Meditations*

www.towardstillness.com



A "TOWARD STILLNESS MEDITATIONS" WORKSHOP

A STRESS MANAGEMENT SEMINAR



**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.

A STRESS MANAGEMENT SEMINAR

Wed Evening: Sept 23rd 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

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PRIVATE SESSIONS AVAILABLE