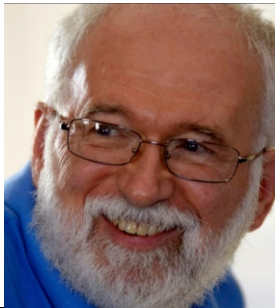




## MEDITATION ON TUESDAYS FALL 2015



**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.

### TUESDAYS 6:45 – 8:15 pm (Please Note New Time)

Sept 15	<p><b>A Meditation Sampler</b> Workshop (\$30.00 + hst) – 1 Week</p> <p>You will be introduced to a variety of meditation techniques from a number of spiritual traditions.</p>
Sept 22 – Oct 6	<p><b>An Introduction to Meditation (\$75.00 + hst) – 3 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>
Oct 13 – Nov 3	<p><b>Healing Meditations (\$100.00 + hst) – 4 Weeks</b></p> <p>In this 4 week class series we will focus on multi-dimensional healing. We will study the aura (our personal energy fields) and attempt to assess the interconnection and interdependence of our mind, our emotions and our physical body as we move toward healing and wholeness.</p>
Nov 10 – Dec 8	<p><b>Meditations for Healing the Chakras</b> (\$125.00 + hst) – 5 Weeks</p> <p>In this class series we will explore the psychology and symbolism of the chakras, learn meditations to clear blockages and open ourselves to our spiritual potential.</p>
Dec 15	<p><b>Stress Reduction for the Holiday Season</b> Workshop (\$30.00 + hst) – 1 Week</p> <p>Be ready to take control of your holiday season!!!</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

