

*Toward Stillness  
Meditations*

www.towardstillness.com



A "TOWARD STILLNESS MEDITATIONS" WORKSHOP

## THE 'SLEEP' 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.

### HOW TO GET A GOOD NIGHT'S SLEEP

Wed Evening: Oct 28<sup>th</sup>, 2015  
7:30 – 9:00 pm  
Fee: \$25.00 (\$15.00 Patients)

Our sleep cycle is a time for healing and rejuvenation. In this workshop, we will learn meditation techniques and breathing exercises that will help us get a good night's sleep. We will learn how to relax and clear the mind. We will learn how to slow the body's metabolism down. We will learn how to go into a deep sleep and wake up refreshed.

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## ERIN CENTRE CHIROPRACTIC

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PRIVATE SESSIONS AVAILABLE

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