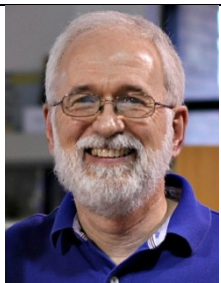




HAND MUDRAS FOR MEDITATION, YOGA AND HEALING “AN INTRODUCTION”



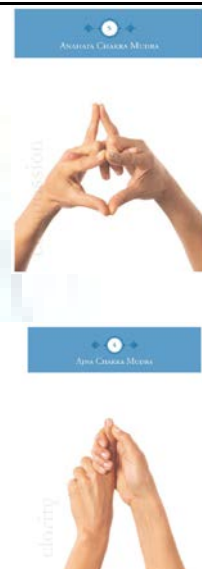
Tony Murdock, MA, Meditation Facilitator
www.towardstillness.com

Tony Murdock has been practicing meditation and studying yoga philosophy and mysticism since 1972, focusing on the teachings of Paramahansa Ramakrishna. Tony has a Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies. He has been sharing meditation with others since 1998.

HAND MUDRAS or hand gestures have an important role in yogic thought and Indian culture, where they have probably been explained in more detail than perhaps any other tradition. Yet this knowledge can be helpful to all of us in bringing more meaning into our awareness and into our expression. The hands are the focus of most of what we do, reflecting how we relate to life and how we touch the world. When our energy is strong, clear, and creative in the hands, our vitality and attention are similarly energized and directed in a positive manner. When there is no focus or attention in our hands, our lives also often lack focus and proper motivation.

The hands are our seat of pranic connection and expansion in Ayurvedic medicine, and much of healing is through the hands. Mudras can help direct higher pranic energies into the body and link us with beneficial pranic currents in nature and in the universe as a whole. Mudras relate to the marmas and nadis, the energy points and currents in the physical and subtle bodies. This can afford them tremendous healing powers and the ability to change how our energy moves and works. Mudras can be brought into various types of massage and bodywork for great benefit. **Dr. David Frawley**

A study handbook is included in the cost of the workshop.



SATURDAY Nov 21st 2015: 1:30 PM – 5:30 PM

Program Fee: \$55.00 + hst (\$62.15)

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

To register call (905) 682-4469

*****Space is limited and fills quickly. Please register early with payment*****

www.yogabysarah.com
www.towardstillness.com