



*Toward Stillness
Meditations*
www.towardstillness.com



RELIEVING EMOTIONAL STRESS



**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.

MEDITATIONS TO RELIEVE EMOTIONAL STRESS

Wed Evening: Aug 24, 2016
7:30 – 9:00 pm
Fee: \$30.00 + hst

Join Tony Murdock as he leads you through a meditation workshop designed to help you relieve emotional stress. In this session we will practice some simple but effective ancient Yogic and Tibetan Buddhist Healing Meditation techniques to release and clear emotional blockages.

MIND TO BODY YOGA AND FITNESS

75 Watline Ave #137, Mississauga, ON L4Z 3E5

To Register, go to www.mindtobody.ca or call 905-712-YOGA

PRIVATE SESSIONS AVAILABLE
