



*Toward Stillness
Meditations*
www.towardstillness.com



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: Aug 10, 2016
7:30 – 9:00 pm
Fee: \$30.00 + hst

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.

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
