



MEDITATION ON TUESDAYS WINTER 2017



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	
Jan 3	<p>Easy Meditations for Beginners 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>
Jan 10 – Jan 31	<p>An Introduction to Mindfulness Meditation (\$100.00 + hst) – 4 Weeks</p> <p>In this 4 week class series you will learn the basic principles of Mindfulness Meditation, as a part of the 8 Fold Path of Buddhism.</p>
Feb 7 – Feb 28	<p>Tibetan Buddhist Healing Meditations (\$100.00 + hst) – 4 Weeks</p> <p>In this class series we will learn three Tibetan Buddhist Healing Meditations: Tonglen, the art of healing the suffering of others, Maitri, the art of healing our suffering, and Metta, the art of Loving Kindness</p>
Mar 7	<p>Sleep Seminar: How to Get a Good Night's Sleep Workshop (\$30.00 + hst) – 1 Week</p> <p>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.</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

