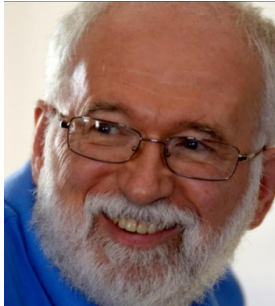




*Toward Stillness  
Meditations*  
www.towardstillness.com



## MEDITATION ON THURSDAYS SPRING 2018



**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.

### THURSDAYS 7:30 – 9:00 pm

<p>Mar 22</p>	<p style="text-align: center;"><b>Sleep Seminar</b> (\$30.00 + hst) – 1 Week</p> <p style="text-align: center;">Do you have trouble falling to sleep? Or do you wake up in the middle of the night, then have trouble falling back to sleep? Or, do you wake up in the morning not feeling refreshed? Then this workshop is for you!!!</p>
<p>Mar 29 – Apr 19</p>	<p style="text-align: center;"><b>An Introduction to Meditation</b> (\$100.00 + hst) – 4 Weeks</p> <p style="text-align: center;">In this class series we will learn simple but effective meditation techniques that will help to relieve physical stress, calm the restless mind, remove blockages from our emotional heart, and help us to get in touch with our innate spiritual nature.</p>
<p>Apr 26 – May 17</p>	<p style="text-align: center;"><b>Healing Meditations (\$100.00 + hst) – 4 Weeks</b></p> <p style="text-align: center;">In this 4 week class series we will focus on multi-dimensional healing. We will study the aura (our personal energy fields) and attempt to assess the interconnection and interdependence of our mind, our emotions and our physical body as we move toward healing and wholeness.</p> <p style="text-align: center;">We will also explore the use of Mudras (hand gestures) as an aid to healing.</p>
<p>May 24 – Jun 14</p>	<p style="text-align: center;"><b>Going Deeper in Your Meditations</b> (\$100.00 + hst) – 4 Weeks</p> <p style="text-align: center;">This class series is for both experienced meditators and for those just beginning. We will learn useful tools to deepen and 'nourish' our meditation practice.</p>

Chrysalis Yoga  
4040 Palladium Way, Unit 11  
Burlington ON L7M 0V6

To register call (905) 319 9111

