

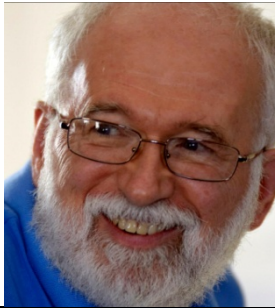


*Toward Stillness
Meditations*
www.towardstillness.com



MEDITATION ON WEDNESDAYS

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.

Wednesdays 7:30 – 9:00 pm	
Mar 21	<p>Walking Meditation Workshop (\$30.00 + hst) – 1 Week</p> <p>This workshop will focus on the Buddhist approach to walking meditation... walking with mindful awareness.</p>
Mar 28 – Apr 18	<p>An Introduction to Meditation (\$100.00 + hst) – 4 Weeks</p> <p>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>
Apr 25 – May 16	<p>Healing Meditations (100.00 + hst) – 4 Weeks</p> <p>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>We will also explore the use of Mudras (hand gestures) as an aid to healing.</p>
May 23 – Jun 13	<p>Going Deeper in Your Meditations (\$100.00 + hst) – 4 Weeks</p> <p>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>

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

