



*Toward Stillness
Meditations*
www.towardstillness.com



MEDITATION ON THURSDAYS

Summer 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

**The Vishuddha (Throat) Chakra:
Healing Meditations Using our Voice, Music and Mantras**
(\$100.00 + hst) – 4 Week

July 5 –
July 26



In this class series we will explore Nada Yoga, the yoga of sound, using our voice, music and mantras, as a means to heal and strengthen our throat chakra.

**The Anahata (Heart) Chakra:
Opening Our Spiritual Heart**
(\$100.00 + hst) – 4 Weeks

Aug 2 –
Aug 23



In this class series we will explore Bhakti Yoga, the yoga of devotion, using heart centered meditations as a means to heal and strengthen our heart chakra.

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

To register call (905) 319 9111

