



[www.yogacentreniagara.com](http://www.yogacentreniagara.com)

*Toward Stillness  
Meditations*

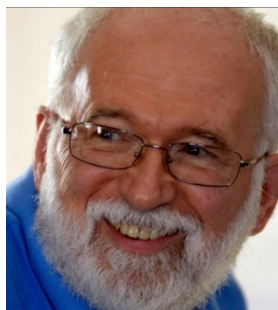
[www.towardstillness.com](http://www.towardstillness.com)



[www.yogacentreniagara.com](http://www.yogacentreniagara.com)

# MEDITATION ON WEDNESDAYS

## 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.

**WEDNESDAYS 7:00 – 8:30 pm**

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

July 11 –  
Aug 1



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 8 –  
Aug 29



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.

THE YOGA CENTRE OF NIAGARA  
24A Front St S  
Thorold ON L2V 1W9  
To register call (905) 328 3397  
[yoganetworkniagara@hotmail.com](mailto:yoganetworkniagara@hotmail.com)

