

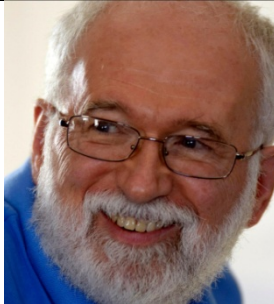
*Toward Stillness  
Meditations*

www.towardstillness.com



A "TOWARD STILLNESS MEDITATIONS" WORKSHOP

## STRESS REDUCTION & SLEEP SEMINAR



**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 teaching meditation since 1998.

### SEMINAR DETAILS

Monday Evening: Sept 17<sup>th</sup> 2018  
7:30 – 8:45 pm

\*\*\*Free for ECC Patients\*\*\*  
Fee: \$10.00 + hst for non ECC Patients

Learn simple but effective meditation techniques and breathing practices to help reduce and manage your stresses and anxieties.  
You will also learn a few tricks to get a good night's sleep.

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## ERIN CENTRE CHIROPRACTIC

2690 Erin Centre Blvd  
Mississauga ON L5M 5P5  
(905) 607-5447

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PRIVATE SESSIONS AVAILABLE