



*Toward Stillness
Meditations*
www.towardstillness.com



MEDITATION ON TUESDAYS WINTER 2019



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	
Jan 8	<p>Easy Meditations for Beginners Workshop (\$30.00 + hst) – 1 Week</p> <p>Start the New Year with a meditation practice!!! You will be introduced to a variety of meditation techniques from a number of spiritual traditions.</p>
Jan 15 – Feb 5	<p>An Introduction to Mindfulness Meditation (\$100.00 + hst) – 4 Weeks</p> <p>In this 4 week class series you will learn the basic principles of Mindfulness Meditation.</p>
Feb 12 – Feb 26	<p>Tibetan Buddhist Healing Meditations (\$75.00 + hst) – 3 Weeks</p> <p>In this class series we will learn three Tibetan Buddhist Healing Meditations: Tonglen, the art of healing the suffering of others, Maitri, the art of healing our suffering, and Metta, the art of Loving Kindness.</p>
Mar 5	<p>The Power of Mantras and Prayer Workshop (\$30.00 + hst) – 1 Week</p> <p>This workshop will focus on how positive thinking, the verbal vibrations of mantras and the intention of prayer, can help to shape and transform our life and the lives of others.</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

