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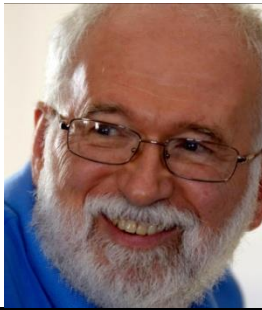
*Toward Stillness  
Meditations*

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## MEDITATION ON WEDNESDAYS 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.

<b>WEDNESDAYS 7:00 – 8:30 pm</b>	
<b>Jan 9</b>	<p><b>Easy Meditations for Beginners</b> 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>
<b>Jan 16 – Feb 6</b>	<p><b>An Introduction to Mindfulness Meditation</b> (\$100.00 + hst) – 4 Weeks</p> <p>In this 4 week class series you will learn the basic principles of Mindfulness Meditation.</p>
<b>Feb 13 – Feb 27</b>	<p><b>Tibetan Buddhist Healing Meditations (\$75.00 + hst) – 3 Weeks</b></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>
<b>Mar 6</b>	<p><b>The Power of Mantras and Prayer</b> 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>

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