



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

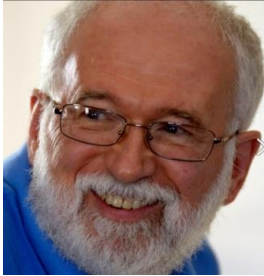
*Toward Stillness  
Meditations*

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



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

## MEDITATION ON WEDNESDAYS FALL 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>Sept 11</b>	<p align="center"><b>A Meditation Sampler</b> Workshop (\$30.00 + hst) – 1 Week</p> <p>You will be introduced to a variety of meditation techniques from a number of spiritual traditions.</p>
<b>Sept 18 – Oct 9</b>	<p align="center"><b>An Introduction to Meditation (\$100.00 + hst) – 4 Weeks</b></p> <p>In this class series we will explore simple but effective meditation techniques to take the stresses out of our body, to relieve our emotional blockages, to calm our mental restlessness, and to connect us to our innate spiritual nature.</p>
<b>Oct 16 – Nov 6</b>	<p align="center"><b>Healing Meditations (\$100.00 + hst) – 4 Weeks</b></p> <p>In this 4 week class series we will focus on multi-dimensional healing. We will study the aura (our personal energy fields) and attempt to assess the interconnection and interdependence of our mind, our emotions and our physical body as we move toward healing and wholeness.</p>
<b>Nov 13 – Dec 4</b>	<p align="center"><b>Meditations for Healing the Chakras</b> (\$100.00 + hst) – 4 Weeks</p> <p>In this class series we will explore the psychology and symbolism of the chakras, learn meditations to clear blockages and open ourselves to our spiritual potential.</p>
<b>Dec 11</b>	<p align="center"><b>Stress Reduction for the Holiday Season</b> Workshop (\$30.00 + hst) – 1 Week</p> <p align="center">Be ready to take control of your holiday season!!!</p>

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)

