



*Toward Stillness
Meditations*
www.towardstillness.com



MEDITATION ON THURSDAYS WINTER 2020



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.

THURSDAYS 7:30 – 9:00 pm	
Jan 9	Easy Meditations for Beginners Workshop (\$30.00 + hst) – 1 Week You will be introduced to a variety of meditation techniques from a number of spiritual traditions.
Jan 16 – Feb 6	An Introduction to Mindfulness Meditation (\$100.00 + hst) – 4 Weeks In this 4 week class series you will learn the basic principles of Mindfulness Meditation, as a part of the 8 Fold Path of Buddhism.
Feb 13 – Mar 5	Tibetan Buddhist Healing Meditations (\$100.00 + hst) – 4 Weeks 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.
Mar 12	A Walking Meditation Workshop Workshop (\$30.00 + hst) – 1 Week This workshop will focus on the Buddhist approach to walking meditation... walking with mindful awareness.

Chrysalis Yoga
4040 Palladium Way, Unit 11
Burlington ON L7M 0V6

To register call (905) 319 9111

