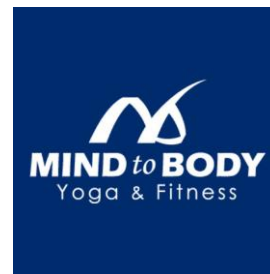


*Toward Stillness
Meditations*

www.towardstillness.com



MEDITATION ON WEDNESDAYS 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.

Wednesdays 7:30 – 9:00 pm	
Jan 7	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 14 – Feb 4	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 11 – Mar 3	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 10	Walking Meditation Workshop Workshop (\$30.00 + hst) – 1 Week In this workshop we will examine and practice the Buddhist approach to walking meditation... the art of walking with mindful awareness.

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

