



www.yogacentreniagara.com

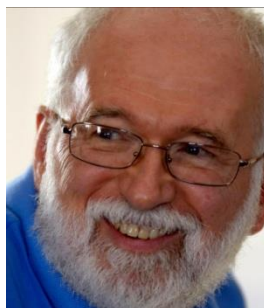
*Toward Stillness
Meditations*

www.towardstillness.com



www.yogacentreniagara.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 7:00 – 8:30 pm	
Jan 8	Easy Meditations for Beginners Workshop (\$30.00 + hst) – 1 Week Start the New Year with a meditation practice!!! You will be introduced to a variety of meditation techniques from a number of spiritual traditions.
Jan 15 – Feb 5	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.
Feb 12 – Mar 4	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 11	Walking Meditation Workshop Workshop (\$30.00 + hst) – 1 Week This workshop will focus on the Buddhist approach to walking meditation... walking with mindful awareness.

THE YOGA CENTRE OF NIAGARA
 24A Front St S
 Thorold ON L2V 1W9
 To register call (905) 328 3397
yoganetworkniagara@hotmail.com

