



The Yoga Centre of Burlington
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"TOWARD STILLNESS MEDITATIONS" CLASSES AND WORKSHOPS
www.towardstillness.com

HEALING OURSELVES, HEALING OTHERS WEDNESDAY MEDITATION CLASSES



Tony Murdock, MA, Meditation Facilitator
www.towardstillness.com

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.

MEDITATIONS FOR HEALING OURSELVES

In this 5 week class series we will practice a number of meditation techniques from a variety of traditions that will help heal and harmonize our body, mind, and emotions, with our inner spirit.

Wednesdays Jan 11th – Feb 8th 7:30 – 9:00 pm Fee: \$125.00 + hst

MEDITATIONS FOR HEALING OTHERS

In this 4 week class series we will focus on meditations, prayers and healing techniques that will help heal our loved ones, either in person or at a distance (remotely).

Wednesdays Feb 15th – Mar 7th 7:30 – 9:00 pm Fee: \$100.00 + hst

TAKE ALL 9 CLASSES FOR \$198.00 + hst

To register call (905) 639-6138 – Open to beginners and those who want to deepen their meditation and healing practices.

Sign up and register at the desk [The Yoga Centre of Burlington](#) (see above)
Make payment to: [The Yoga Centre of Burlington](#)

