



The Yoga Centre of Burlington
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A "TOWARD STILLNESS MEDITATIONS" CLASS SERIES
www.towardstillness.com

SUMMER MEDITATION SESSIONS



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		Thursdays	
		July 3	Free Information Session: An Introduction to Meditation, Relaxation, Stress Reduction and Re- vitalization
July 9	Energization and Re-vitalization: Increase Your Vitality	July 10	How to Get a Good Night's Sleep And Wake up Refreshed
July 16 (Library)	Getting to the Root of the Problem: Introspection, Self-Analysis, Self-Study	July 17	A Meditation Sampler: Experience a Variety of Techniques
July 23 (Library)	Mystic Ascents: Rise Above Your Habits and Subconscious Momentums	July 24	Healing Meditations: To Help De-stress Your Body
		July 31	Healing Meditations: To Calm Your Restless Mind
Aug 6	Walking Meditation: Mindful Awareness Movement	Aug 7	Healing Meditations: To Cleanse Your Emotional Heart
Aug 13 (Library)	A Breakthrough Technique: The Transmitter/Receiver Practice	Aug 14	Meditations to Help Us Deal with Pain
Aug 20 (Library)	The Healing Power of Prayer, Affirmations and Mantras	Aug 21	Healing Through the Chakras
		Aug 28	Breathing Techniques for Health and Vitality

Each session begins at 7:30 and runs for 90 minutes
 Each session costs \$31.50 (includes gst), except July 3rd (Free)

Beginners and Experienced Meditators Welcome



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

