

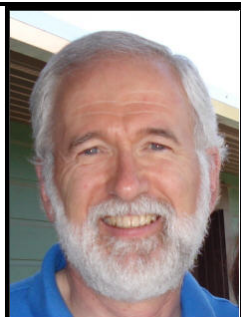
*Toward Stillness  
Meditations*

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“TOWARD STILLNESS MEDITATIONS” CLASSES  
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## LIFE AWARENESS SEMINARS SUMMER 2010



### 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.

	<b>TUESDAYS</b>
	7:30 – 9:00 pm <span style="float: right;">(\$30.00 – includes HST)</span>
July 6 <sup>th</sup>	<b>Relaxation and Stress Reduction</b> Simple and effective Stress – Buster Techniques!!!
July 13 <sup>th</sup>	<b>An Introduction to Meditation – Mindful Awareness</b> How can we be more aware and develop more focus in our busy lives?
July 20 <sup>th</sup>	<b>Walking Meditations</b> Learn the ancient awareness practice of combining meditation with your daily walks.
July 27 <sup>th</sup>	<b>Introspection and Self-Analysis</b> We will explore our Subjective Thoughts and Feeling. What needs to change?
Aug 3 <sup>rd</sup>	<b>Relieving Emotional Stress</b> We will focus on releasing the stresses in our emotional heart.
Aug 10 <sup>th</sup>	<b>Simple Meditations for Busy People</b> We will learn brief but effective meditations to bring balance and control to our busy lives.
Aug 17 <sup>th</sup>	<b>Breathing for Health and Vitality</b> The breath is fundamental to our health and to increasing our vitality.
Aug 24 <sup>th</sup>	<b>Healing Through the Chakras</b> We can increase our awareness and wellness of being by cleansing our energy centres.



To register contact Tony at (905) 820-4706 or  
e-mail at [towardstillness@rogers.com](mailto:towardstillness@rogers.com)  
[www.towardstillness.com](http://www.towardstillness.com)

