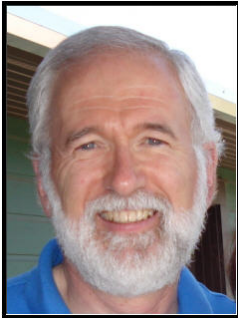


The Yoga Centre of Burlington
 541 Brant Street, Studio 1
 Burlington, ON
 L7R 2G6
 www.yogaburlington.ca
 Email: ycob@yogaburlington.ca
 Phone: 905-639-6138



“TOWARD STILLNESS MEDITATIONS” CLASSES AND WORKSHOPS
www.towardstillness.com

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.

WEDNESDAYS	
	7:30 – 9:00 pm (\$30.00 – includes HST)
July 7th	Relaxation and Stress Reduction Simple and effective Stress – Buster Techniques!!!
July 14th	An Introduction to Meditation – Mindful Awareness How can we be more aware and develop more focus in our busy lives?
July 21st	Walking Meditations Learn the ancient awareness practice of combining meditation with your daily walks.
July 28th	Introspection and Self-Analysis We will explore our Subjective Thoughts and Feeling. What needs to change?
Aug 4th	Relieving Emotional Stress We will focus on releasing the stresses in our emotional heart.
Aug 11th	Simple Meditations for Busy People We will learn brief but effective meditations to bring balance and control to our busy lives.
Aug 18th	Breathing for Health and Vitality The breath is fundamental to our health and to increasing our vitality.
Aug 25th	Healing Through the Chakras We can increase our awareness and wellness of being by cleansing our energy centres.



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

