


MAUREEN RAE'S

Yoga Studio

5324 Dundas Street West
 Etobicoke, Ontario
 M9B 1B4

416.716.7589
info@mraesyogastudio.com

*Toward Stillness
 Meditations*

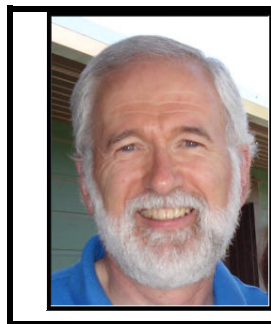
www.towardstillness.com



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HEALING THROUGH THE CHAKRAS



Tony Murdock, MA,
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.

HEALING THROUGH THE CHAKRAS

Learn about your subtle spiritual anatomy through the study of chakra symbolism and the practice of guided meditations.

The goal of this workshop will be to balance and harmonize all aspects of your 'energy eco-system.'

Meditation can be used to help strengthen our immune system and to increase our vitality.

Friday August 13th (re-scheduled from an earlier date) 7:00 – 9:00 pm
 Fee: \$35.00 + HST

LOCATION: Maureen Rae's Yoga Studio
 5324 Dundas St West, Toronto, ON M9C 1B4
www.mraesyogastudio.com

To Register call: (416) 716-7589, or
 Register at the Front Desk

