


MAUREEN RAE'S  

**Yoga Studio**

5324 Dundas Street West  
 Etobicoke, Ontario  
 M9B 1B4

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[info@mraesyogastudio.com](mailto:info@mraesyogastudio.com)

*Toward Stillness  
 Meditations*

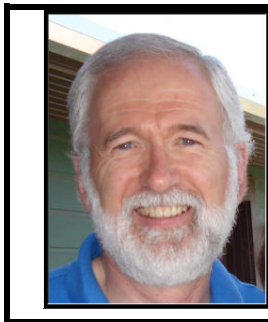
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# HEALING THROUGH THE CHAKRAS



**Tony Murdock, MA,**  
[www.towardstillness.com](http://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 July 16<sup>th</sup> 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](http://www.mraesyogastudio.com)

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

