

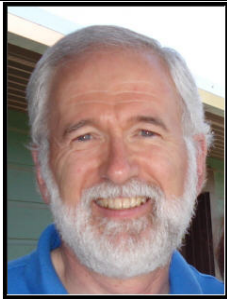


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A "TOWARD STILLNESS MEDITATIONS" WORKSHOP  
[www.towardstillness.com](http://www.towardstillness.com)

# MEDITATION AS A HEALING TOOL



**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.

## MEDITATION AS A HEALING TOOL

In this workshop we will explore how various styles of meditation can be used to help with healing.

Healing can occur on many different levels: the physical, the mental, the emotional and the spiritual.

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

**Saturday August 14<sup>th</sup>**

**Fee: \$35.00 + HST**

**1:00 – 3:00 pm**

**Please register early to ensure that you can join us.**



To register please contact [The Yoga Centre of Burlington](#) (see above)  
The registration fee is payable to: [The Yoga Centre of Burlington](#)

