

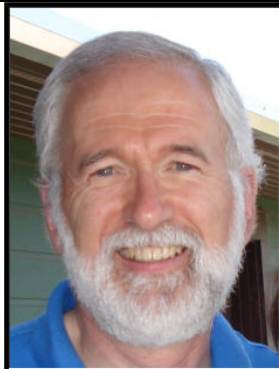


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A "TOWARD STILLNESS MEDITATIONS" WORKSHOP
www.towardstillness.com

HOW TO GET A GOOD NIGHT'S SLEEP SEMINAR



**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 teaching meditation since 1998.

HOW TO GET A GOOD NIGHT'S SLEEP

**Saturday: July 17th
1:00 – 3:00 pm
Fee: \$35.00 + HST**

Our sleep cycle is a time for healing and rejuvenation. In this workshop, we will learn meditation techniques and breathing exercises to will help us get a good night's sleep. We will learn how to relax and clear the mind. We will learn how to slow the body's metabolism down. We will learn how to go into a deep sleep and wake up refreshed.

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](#)

