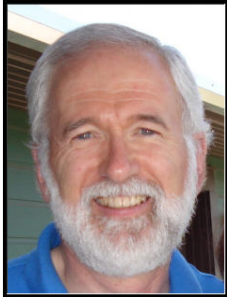




*Toward Stillness
Meditations*
www.towardstillness.com



MEDITATION AS A HEALING TOOL



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.

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 July 24th

Fee: \$35.00 + HST

1:00 – 3:00 pm

Yoga by Sarah

20 Grote Street
St. Catharines, ON
L2N 2E7

To register call (905) 682-4469

