

*Toward Stillness
Meditations*

www.towardstillness.com



A "TOWARD STILLNESS MEDITATIONS" WORKSHOP

WINTER MEDITATION SEMINARS



**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.

A MEDITATION SAMPLER	HOW TO GET A GOOD NIGHT'S SLEEP
Monday Evening: Jan 18 th 7:30 – 9:00 pm Fee: \$25.00 (\$15.00 Patients)	Monday Evening: Feb 22 nd 7:30 – 9:00 pm Fee: \$25.00 (\$15.00 Patients)
DE-STRESSING THE EMOTIONAL HEART	HOW TO RELAX
Monday Evening: Mar 8 th 7:30 – 9:00 pm Fee: \$25.00 (\$15.00 Patients)	Monday Evening: Mar 29 th 7:30 – 9:00 pm Fee: \$25.00 (\$15.00 Patients)

Please register early due to limited space

ERIN CENTRE CHIROPRACTIC

2690 Erin Centre Blvd
Mississauga ON L5M 5P5
(905) 607-5447

PRIVATE SESSIONS AVAILABLE
