



The Yoga Centre of Burlington
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A "TOWARD STILLNESS MEDITATIONS" WORKSHOP
www.towardstillness.com

THE YOGA TRADITION SERIES: THE BHAGAVAD GITA



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.

THE BHAGAVAD GITA: THE DIVINE SONG

This 8 hour program will introduce the yoga and meditation student to the basic spiritual principles in The Bhagavad Gita. In our discussions we will explore the four main types of yoga in The Bhagavad Gita: Karma Yoga, Jnana Yoga, Raja Yoga and Bhakti Yoga.



We will examine how the wisdom of this text fits into the Yoga Tradition in India. And we will learn how we can best approach this wisdom with the Western mind. The Bhagavad Gita provides a foundation for any student of yoga and for any student of meditation.

Sunday: Feb 28th
Sunday: Mar 14th

12:00 – 4:00 pm
12:00 – 4:00 pm

Fee:
\$160.00 + gst

Required Text: Any translation of The Bhagavad Gita

This session is a part of **The Yoga Teacher's Training Program**; but attendance is open to general interest participants. Prior experience of The Bhagavad Gita is not required. Please register early due to limited space.

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

