



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

SPIRITUAL ANATOMY



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.

SPIRITUAL ANATOMY

A discussion of

THE KUNDALINI (Spiritual Energy)
THE SEVEN CHAKRAS (Spiritual Centers)
THE FIVE KOSHAS (Veils of the Human Condition)
THE FIVE PRANAS (Energy Flows in our Life Force)

and their roles in healing.

We will be practicing related meditation techniques.

Sunday: March 28th

12:00 – 4:00 pm

Fee:

Sunday: April 25th

12:00 – 4:00 pm

\$160.00 + gst

This session is a part of **The Yoga Teacher's Training Program**;
but attendance is open to general interest participants.
Prior experience of Spiritual Anatomy 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](#)

