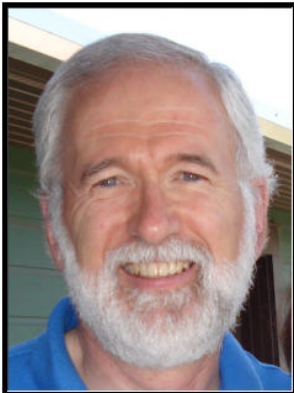


The Yoga Centre of Burlington
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"TOWARD STILLNESS MEDITATIONS" CLASSES AND WORKSHOPS
www.towardstillness.com

WEDNESDAY EVENING MEDITATION SPRING 2010 SESSIONS



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 sharing meditation with others since 1998.

WEDNESDAYS (in the Library) 7:30 – 9:00 pm

Mar 24	Meditations for Emotional Cleansing - Workshop (\$30.00 + gst) We will focus on unblocking our emotional heart and flushing out old emotions that keep us weighed down.
Mar 31 – Apr 21	Working with the Kundalini and the Chakras - Class Series (\$120.00 + gst) We will work on cleansing and healing and balancing the major energy centres in the subtle anatomy of our body. These meditations will help to awaken our spiritual potential.
Apr 28 – May 19	Transformational Meditations - Class Series (\$120.00 + gst) In this workshop we will practice meditations that will help transform our thoughts and our emotions. These meditations are designed to help us connect to our inherent spiritual nature.
May 26 – June 16	Going Deeper in Your Meditations - Class Series (\$120.00 + gst) These sessions will enable us to take what we have learned and go deeper into our meditation practices.

Beginners and Experienced Meditators Welcome



Sign up and register at the desk [The Yoga Centre of Burlington](#) (see above)
Make payment to: [The Yoga Centre of Burlington](#)

