



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

WEDNESDAY EVENING MEDITATION SESSIONS WINTER 2010



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	
Jan 6	A Meditation Sampler - Workshop (\$30.00 + gst) In this introductory session we will explore a variety of meditations techniques from the Buddhist, Hindu and Christian spiritual traditions.
Jan 13 – Feb 3	Introduction to Meditation - Class Series (\$120.00 + gst) We will practice a number of meditation practices derived from Ancient India. This series of classes will help you to develop a personal meditation practice. These meditations will help to awaken our spiritual potential.
Feb 10 – Mar 3	Healing Meditations - Class Series (\$120.00 + gst) In this workshop we will practice healing meditations that will help to de-stress the physical body, relax the restless mind and cleanse the emotional heart. These meditations are designed to harmonize our body, mind and emotions with our inherent spiritual nature.
Mar 10	Pranayama and Meditation for Increased Vitality - Workshop (\$30.00 + gst) The breathing practices and meditations in this workshop will help to increase our vitality. We can feel renewed and rejuvenated on a daily basis.
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.

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**

