



*Toward Stillness
Meditations*
www.towardstillness.com



**Present
JAN – MAY 2010 YTT SCHEDULE
WITH TONY MURDOCK, MA**



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.

MODULE ONE: THE YOGA TRADITION

Jan 9	Sat 1-7	6 Hrs	A HISTORY OF YOGA & HINDU MYTHOLOGY
Jan 23	Sat 1-7	6 Hrs	SANSKRIT PRONUNCIATION, VOCABULARY & MANTRA MEDITATION
Feb 6	Sat 1-7	6 Hrs	THE YOGA SUTRAS OF PATANJALI & MEDITATION
Feb 27	Sat 1-7	6 Hrs	THE BHAGAVAD GITA & MEDITATION
Mar 27	Sat 1-7	6 Hrs	SPIRITUAL ANATOMY: CHAKRA STUDY, SYMBOLISM & MEDITATION

MODULE TWO: SPIRITUAL LEADERSHIP

Apr 10	Sat 1-7	6 Hrs	SPIRITUAL LEADERSHIP I & MEDITATION
Apr 24	Sat 1-7	6 Hrs	SPIRITUAL LEADERSHIP II & MEDITATION
May 8	Sat 1-7	6 Hrs	SPIRITUAL LEADERSHIP III & MEDITATION

**Please register early due to limited space. These sessions are a part of The
Yoga Teacher Training Program, but are open to any general interest
participants. The fee for each session is \$100.00 + gst**

**LOCATION:
Yoga by Sarah
20 Grote Street
St. Catharines, ON
L2N 2E7**

To register call (905) 682-4469

