


MAUREEN RAE'S
 **Yoga Studio**

5324 Dundas Street West
 Etobicoke, Ontario
 M9B 1B4

416.716.7589
info@mraesyogastudio.com

*Toward Stillness
 Meditations*


www.towardstillness.com



28-3360 Council Ring Road
 Mississauga
 ON L5L 2E4

(905) 820-4706
towardstillness@rogers.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 & MEDITATION

A discussion of

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

and their roles in healing.

We will be practicing related meditation techniques.

Saturday: Jan 28th	1:00 – 5:30 pm	Fee: \$140.00 + hst
Saturday: Feb 11th	1:00 – 5:30 pm	

Although this program is a part of the Registered Yoga Teacher (RYT) Training Program, these sessions are open to general interest students.

LOCATION: Maureen Rae's Yoga Studio
 5324 Dundas St West, Toronto, ON M9C 1B4
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To Register call: (416) 716-7589, or
 Register at the Front Desk

