


MAUREEN RAE'S

Yoga Studio

5324 Dundas Street West
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*Toward Stillness
 Meditations*

www.towardstillness.com



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HEALING MEDITATIONS FOR THE CHAKRAS



Tony Murdock, MA,
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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.

HEALING MEDITATIONS FOR THE CHAKRAS Developing Awareness of our Subtle Body

In this special 2 hour workshop, we will practice meditations to help us become more aware of our chakras. These meditations will also help us clear and heal those chakras that are blocked.

Saturday Jan 28th

1:00 – 3:00 pm

Fee: \$30.00 + hst

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

LOCATION: Maureen Rae's Yoga Studio
 5324 Dundas St West, Toronto, ON M9C 1B4
www.mraesyogastudio.com

To Register call: (416) 716-7589, or
 Register at the Front Desk

