



## FALL 2011 3<sup>rd</sup> ANNUAL SPIRITUAL UNFOLDMENT INTENSIVE A 14 WEEK, 50 HOUR MEDITATION and SPIRITUAL AWAKENING CHALLENGE



### **Tony Murdock, MA, Meditation Facilitator**

Tony Murdock has been practicing meditation and studying yoga philosophy and mysticism since 1972, focusing on the teachings of Paramahansa Ramakrishna. Tony has a Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies. He has been sharing meditation with others since 1998.

Do you feel stuck or frustrated with your spiritual development? How is your home meditation practice? This meditation intensive and spiritual awakening challenge will help you develop and deepen your personal meditation practice and broaden your spiritual perspectives.

This program is designed for the beginner who wants to develop a firm foundation in their personal meditation routine. It is also ideal for the experienced meditator who wants to strengthen that foundation and take their personal practice to new depths.

- You will explore the meditation traditions of Hinduism, The Yoga Traditions, Buddhism, Christianity and Islam.
- You will learn how to draw from these paths to develop a personal practice that is right for you individually.
- You will be introduced to techniques that will help to shed habits and patterns of behaviour that limit your spiritual potential.
- You will deepen and broaden your spiritual perspectives.
- You will learn how to create a sacred space at home for your home meditations.
- You will learn how to easily lengthen the time of your meditations and to deepen your meditation experience.
- You will learn the benefits of and the obstacles to meditation.

**You will learn the catalysts for transformation; learn to dance to the rhythms of change.**

### **THE CURRICULUM** (Program Fee: \$700.00 + hst)

#### **Friday Evening Meditation Classes at Yoga by Sarah in St Catharines**

Sept 9, 16, 23, 30, Oct 21, Nov 18, Dec 2	6:00 – 9:00 PM	7 Classes, 21 Hrs
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**OR**

#### **Wednesday Evening Meditation Classes at The Yoga Centre of Burlington in Burlington**

Sept 14 – Dec 14	7:30 – 9:00 PM	14 Classes, 21 Hrs
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**PLUS**

#### **Sunday Spiritual Day Sessions at The Yoga Centre of Burlington in Burlington**

Sunday Sept 18	9:00 AM – 5:00 PM	Day Session, 7 Hrs (1 Hr Lunch Break)
Sunday Oct 23	9:00 AM – 5:00 PM	Silent Day Retreat, 8 Hrs
Sunday Nov 20	9:00 AM – 5:00 PM	Day Session, 7 Hrs (1 Hr Lunch Break)
Sunday Dec 11	9:00 AM – 5:00 PM	Day Session, 7 Hrs (1 Hr Lunch Break)

To register contact Tony at [towardstillness@rogers.com](mailto:towardstillness@rogers.com) or 905 820 4706