

*Toward Stillness  
Meditations*

www.towardstillness.com



# SILENT DAY RETREAT

“Finding Your Inner Joy”

facilitated by **Tony Murdock, MA**

\*\*\***SPECIAL BONUS**\*\*\*

**VEGAN LUNCH INCLUDED, PROVIDED BY ‘TWO VEGAN HIPPIE CHICKS’  
...MANDY AND HEIDI**

**Sunday July 24<sup>th</sup> 2016  
9:00 AM – 5:00 PM**

**Program Fee: \$100.00 + HST (\$113.00)**

at **WELLSPRING**  
**www.wellspring.ca**  
2545 Sixth Line, Oakville ON

Enjoy a day of silence to help us deepen  
our meditations, our inner silence and our stillness.

In addition to periods of silence and inner reflection, you will be guided and  
directed through the different stages of the day, which will include  
sitting meditations (in solitude and in a group), walking meditations,  
heart-centering meditations and the receiving of blessings.

When the mind eventually quiets and stills, we will attune to our soul's vibration,  
and become more aware of its inner guidance.

Silence in solitude is rich and rewarding;  
Silence in community is priceless.

## Bring list:

- Your yoga mat (optional – for private practice)
  - Comfortable clothing
  - Your Journal
- Snacks, coffee and tea will be provided
- Inner Permission to enter into Silence

## **TOWARD STILLNESS MEDITATIONS**

Contact Tony to register and for payment options  
905-820-4706; [towardstillness@rogers.com](mailto:towardstillness@rogers.com)

Tony Murdock has a Master's degree in Sanskrit and Hindu Religious History,  
with a minor in Christian Studies. He has been practising meditation  
and studying yoga philosophy and mysticism since 1972.

\*\*\*Space is limited and fills quickly. Please register early with payment\*\*\*  
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