



# SILENT DAY RETREAT

## “ATTUNEMENT AND SPIRITUAL UNFOLDMENT”

facilitated by **Tony Murdock**, MA

**Sunday July 20<sup>th</sup> 2014 (NEW DATE)**  
**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 as we practice various techniques to assist us in renewing and refreshing our connection to our inner spiritual “wellspring.” In addition to periods of silence and inner reflection, you will be guided and directed through the different stages of the day. The day will include sitting meditations (in solitude and in a group) and private time.

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

We will begin the day with a Devotee Chakra, a ritual celebration to invoke the Divine within us.

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
- A bagged lunch (a fridge is available)
- Snacks, coffee and tea will be provided
- Inner Permission to enter into Silence

Make cheques payable to:  
**TOWARD STILLNESS MEDITATIONS**  
28-3360 Council Ring Road  
Mississauga ON L5L 2E4  
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\*\*\*

[www.towardstillness.com](http://www.towardstillness.com)