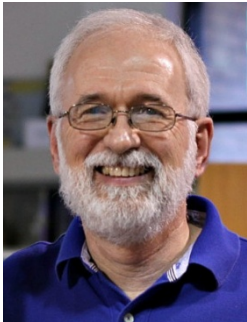




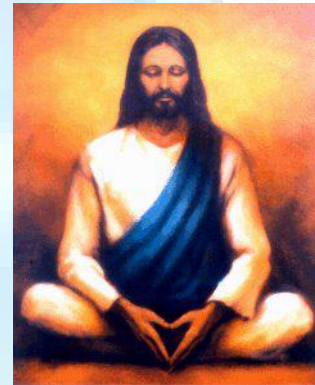
# A SPIRITUAL RETREAT DAY “CHRISTIAN MEDITATIONS AND MYSTICISM”

AN EXPLORATION OF THE JESUS PRAYER, CHRISTIAN  
MYSTICS AND CHRISTIAN DEVOTIONAL PRACTICES



**Tony Murdock, MA, Meditation Facilitator**  
[www.towardstillness.com](http://www.towardstillness.com)

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.



This Spiritual Day Retreat will focus on Christian mysticism, the Christian Mystics and various forms of Christian meditation and prayer. We will examine the lives of St Francis, Meister Eckhart, St Teresa of Avila and many more. We will learn various forms of Christian prayer, including the Jesus Prayer, we will explore the meditation practices of the Desert Fathers, and the recent resurgence of meditation in Christian Congregations.

**Sun Nov 30<sup>th</sup>, 2014**  
**9:00 am – 5:00 pm**

at **WELLSPRING**  
[www.wellspring.ca](http://www.wellspring.ca)  
2545 Sixth Line, Oakville

**SPECIAL**  
**PROGRAM FEE:**  
**\$100.00 + hst**

**This is a day for SPIRITUAL TRANSFORMATION.**

.Although this Day Retreat is a part of the Meditation Teacher Training Program, it is open to general interest participants, that is, anyone interested in learning about the many dimensions of Christian Spirituality.

**Bring list:** comfortable clothing; your journal; a bagged lunch

Make cheques payable to:

**TOWARD STILLNESS MEDITATIONS**

28-3360 Council Ring Road, Mississauga, ON L5L 2E4

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