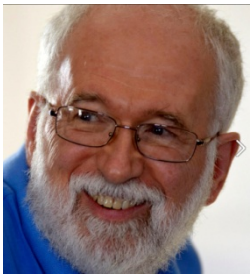




TWO SPIRITUAL RETREAT DAY WORKSHOPS

SUNDAY OCTOBER 5, 2014



With 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.

A MEDITATION CLINIC

MORNING SESSION:
9:00 – 12:00: \$50.00 + hst

- Setting up a home practice
- Setting up a meditation space
- Overcoming obstacles
- Cultivating benefits, breakthroughs
- Deepening your practice
- Types of meditations
- Secular vs. spiritual meditations
- Stages of meditation

HEALING OURSELVES, HEALING OTHERS

AFTERNOON SESSION:
1:00 - 5:00: \$65.00 + hst

Using healing techniques from a variety of spiritual meditation traditions, we will explore the potential of healing our body, our thoughts, our emotions, and connecting with our inner Spirit. We will also learn techniques to help heal others, in person and remotely.

at **WELLSPRING**
2545 Sixth Line, Oakville

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 or 905 820 4706