

Toward Stillness Meditations presents:

SOUND AS A HEALING TOOL: Healing Prayers, Mantras, Chants & Meditations



with Tony Murdock
& special guest
Brenda McMorrow

On this Spiritual Day Retreat we will explore the Healing Power of Sound with a specific focus on vibration. Sound is vibration and our own voice has an inherent vibration and resonance to it. This affects our energy field. The power of intention and focus with specific words and intonation can help us bring harmony and healing to our internal world and to the world around us. Let's explore and have fun with uplifting, healing vibrations together!

Tony Murdock has been practicing meditation and studying yoga philosophy and mysticism since 1972. He has a Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies. In 1998 his Guru Ramakrishna Ananda told him to go out and teach. Tony has been sharing meditation with others since then.

Devotional Kirtan artist Brenda McMorrow has had a rich and diverse musical career (from folk to jazz to bluegrass) and now, with a deep devotion to the celebration of our true beings through the power of sound, she is invited to travel worldwide to share her unique blend of original folk-inspired melodies, world beats and sacred devotional chants. "Brenda McMorrow has a gift." - Ram Dass

Fee: \$108 plus HST. Payment by cheque or interac email transfer in advance - Space is limited!

To register, contact Tony Murdock:

905 820 4706 or 905 599 4706 (cell) or towardstillness@rogers.com

Sun, June 7
9am - 5 pm

Wellspring Birmingham Gilgan House (Halton-Peel)
2545 Sixth Line, Oakville, ON

www.towardstillness.com www.brendamcmorrow.com