



SILENT DAY RETREAT

“Mindfulness and Introspection”

facilitated by **Tony Murdock, MA**

Sunday May 3rd 2015
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
- 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

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