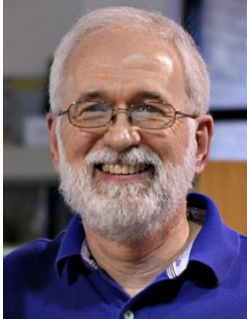




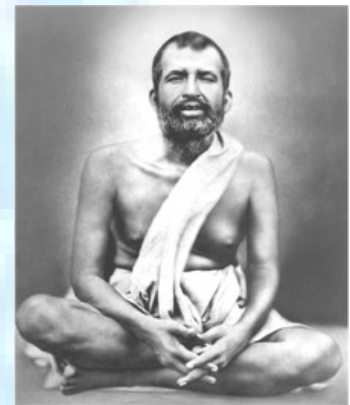
A SPIRITUAL DAY RETREAT

“THE LIFE AND TEACHINGS OF SRI RAMAKRISHNA AND HIS DISCIPLES”



Tony Murdock, MA (Vishnu Das), Meditation Facilitator
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.



In this special workshop we will explore the life and message of Paramahansa Ramakrishna, Holy Mother, and their disciples. We will examine how their teachings have influenced yoga in the West and how the paradigm of spiritual unfoldment has shifted as a result of their teachings. The meditations we will practice will help to provide an experiential basis for this understanding, with a focus on Bhakti Yoga, Jnana Yoga, Tantra Yoga, Karma Yoga and Raja Yoga meditations.

Sunday Mar 29th, 2015 9:00 am – 5:00 pm	at WELLSPRING www.wellspring.ca 2545 Sixth Line, Oakville	Special Program Fee: \$100.00 + hst
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This is a day for SPIRITUAL TRANSFORMATION, using Satsang (Spiritual Discussion), Dyana (Meditation) and Puja (Spiritual Worship)

.Although this workshop is a part of the Meditation Teacher Training Program, it is open to general interest participants, that is, anyone interested in learning about the spiritual dimensions of the Yoga.

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