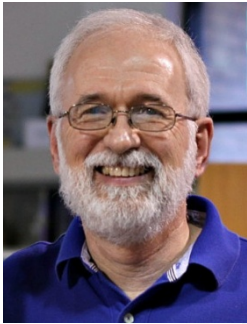




A SPIRITUAL RETREAT DAY

“SPIRITUAL LEADERSHIP”

HOW TO BE AN EFFECTIVE MEDITATION TEACHER



Tony Murdock, MA, 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.

**This Spiritual Retreat Day
will focus on these questions:**

- What is Spiritual Leadership?
- What are the requirements to be an effective teacher?
- What are the requirements and qualities of being an effective “meditation teacher”?
- What are the obstacles to meditation?
- What are the Varieties of Meditative Experience?
- What are the stages of Meditative Awareness?



Sun Sept 13th, 2015
10:00 am – 5:00 pm

at **WELLSPRING**
www.wellspring.ca
2545 Sixth Line, Oakville

Program Fee:
\$100.00 + hst

This is a day for SPIRITUAL TRANSFORMATION, using Satsang (Spiritual Discussion), Dyana (Meditation) and Puja (Spiritual Worship)

.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 spiritual dimensions of being an effective teacher/leader.

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