

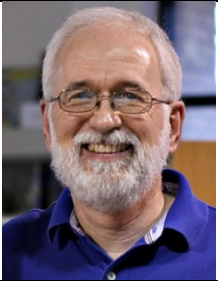


*Toward Stillness
Meditations*
www.towardstillness.com



DRUMMING FOR THE HEALTH OF IT

“RHYTHM IS AT THE HEART OF EVERYTHING”



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.

With Special Guest **TOM WOLF**

Tom Wolf has been a drums and percussion instructor/facilitator for 36 years, landing his first post at Neil's Music in Georgetown, ON at the age of 14. He advanced in his teaching career at the Ontario College of Percussion and Music, inter-mingled with various studio work and live performances. Touring across the country and stints with a couple of house bands provided valuable experience, honing time and musicality, not to mention sheer endurance. A steady roster of private students in addition to 3 separate tenures at O.C.O.P. provided countless hours of teaching experience with all ages and levels of aspiring percussionists.

"Thousands of years ago, our ancestors discovered that sound, when structured into rhythm, contains a unifying and energizing power. Loads became lighter and individuals felt closer when everyone was in sync. Through work and play, the earth's first people found out that sympathetic rhythms promote wellness and dispel conflict. They learned that rhythm is at the heart of everything and that how sound is communicated is often more important than what is communicated. Today, aided by science, we better understand how brain waves are synchronized, heartbeats are matched, and respiratory cycles are unified when individuals attune to a mutual pulse." - Gary Diggins.

We invite you now to join Tom and a growing community of percussion puppies as we explore our rhythmic and musical potential together, bringing harmony and healing to our communities through drum, dance and song.

DRUMS PROVIDED...BUT YOU ARE WELCOME TO BRING YOUR OWN!!!



Sunday October 4th 2015: 2:00 PM – 5:00 PM

Program Fee: \$45.00 + hst (\$50.85)

at **WELLSPRING Birmingham Gilgan House**

2545 Sixth Line, Oakville, Ontario L6H 7V9

Make cheques payable to: **TOWARD STILLNESS MEDITATIONS**

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Space is limited and fills quickly. Please register early with payment

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