



*Toward Stillness
Meditations*
www.towardstillness.com



A TSM WORKSHOP “MANTRA YOGA CHANTSHOP” With Special Guest Lana Sugarman



Tony Murdock, MA, Meditation Facilitator

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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
Lana Sugarman**

Lana merges her love for Sanskrit and song with the practice of kirtan (call and response chanting). You can find her creating good vibrations at studios throughout Toronto, sharing the magic of mantras. She has had the opportunity to sing and play with David Newman, Narada Wise, Brenda McMorro, Mike Cohen, Swaha, Sri Kirtan, Adam Bauer, Jim Gelcer, Lea Longo, and John William Bauld. In August, 2013, Lana released her first album of mantra/kirtan music, *Invocation*.

**Join us for an afternoon of Kirtan
(devotional singing) and mantra chanting,
to deepen our meditations and to awaken
our spiritual potential.**

“As wind removes a cloud, so does the name of God disperse the
cloud of worldliness.”

Sri Sarada Devi

“More are the names of God and infinite are the forms through which He
may be approached. In whatever name and form you
worship Him, through them you will realise Him.”

Sri Ramkrishna



Sunday February 7th 2016: 2:00 PM – 5:00 PM

Program Fee: \$55.00 + hst (\$62.15)

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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