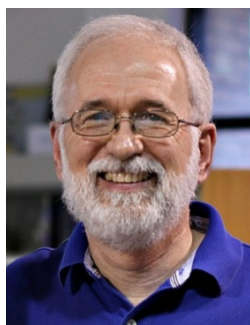




# A TSM WORKSHOP

## “OUR SUBTLE SPIRITUAL ANATOMY”

### AN EXPLORATION OF THE CHAKRAS, THE KUNDALINI, THE KOSHAS, THE VAYUS AND THE AURA



**Tony Murdock, MA, Meditation Facilitator**  
[www.towardstillness.com](http://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 Workshop Retreat will focus on our subtle spiritual anatomy. We will explore the symbolism and psychology of the chakras, and examine the energy field around us with experiential meditations on the chakras, the koshas, the vayus (prana currents or winds), the aura and the kundalini. We will attempt to understand the interconnection and interdependence of each of these systems.



<b>Sunday Feb 7<sup>th</sup>, 2016</b> <b>10:00 am – 1:00 pm</b>	<b>at <span style="color: blue;">WELLSPRING</span></b> <b><a href="http://www.wellspring.ca">www.wellspring.ca</a></b> 2545 Sixth Line, Oakville	<b>Program Fee:</b> <b>\$55.00 + hst</b> <b>( \$62.15)</b>
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**This is a day for SPIRITUAL TRANSFORMATION**

.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 Divine Feminine.

**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](mailto:towardstillness@rogers.com) or 905 820 4706

[www.towardstillness.com](http://www.towardstillness.com)