



Meditation Teacher Training

*Toward Stillness
Meditations*
www.towardstillness.com



Dear Student of Life

“The winds of God’s grace are always blowing, it is for us to raise our sails.” RAMAKRISHNA

This is a unique ten month 150 hour in-depth and comprehensive training program. The core 130 contact hours provide an experiential exploration of meditation, mysticism, philosophy and spiritual lifestyle training. The additional 20 non-contact hours provide an opportunity to experience compassionate service. We will study and practice meditations associated with The Yoga Traditions of Ancient India, as well as study and practice the meditations of The Buddhist Traditions, including Mindfulness, Zen, and the Tibetan Buddhist Traditions.

You will grow in the type of the meditation practice that is right for you, and learn how to help others find the practice that is right for them.

Simply put, meditation is the art of stilling our mental and emotional turbulence, with the aim to raise our vibration and live in a state of higher consciousness.

In its simplest application meditation can be used for relaxation and stress reduction, and bring us to an awareness of the important interconnection between our minds and bodies. Meditation can help us manage our physical and emotional pain and give us a tool to use to cope with the apparent disharmony in our lives.

At a deeper level, meditation can help us to release our emotional blockages. It can help us to face and work through our pain, and bring healing to the heart and body. This healing allows us to open the heart and integrate our spiritual nature with our mind, our emotions and our body. When our mind and emotions are balanced and harmonized, then we have access to our true inner spiritual nature. We begin to have a healthy appreciation for our life and the lives of others. Our world is seen through new eyes, and we can start to perceive the interconnection and interdependence of all creation.

Meditation calms the mind and expands the heart! Meditation opens the door to higher consciousness!

This is a program that will bring about transformation and change in your life. You will learn to transform old habits and develop new patterns of behaviour. You will learn to move forward in your life, to trust in the Universal Divine Principle, and learn to be open to “What is next.”

You will acquire the skills to be a Spiritual Leader, and learn how to be an instrument of the Divine. We will learn how to assist others in growing and developing on their own personal spiritual journey. Begin your journey of spiritual unfoldment today.

When you have an effective meditation practice only then can you be an effective meditation teacher.

**PROGRAM DATES:
September - June**

You can start anytime!!!!

[Check out MTT Page for Upcoming Dates](#)

Curriculum & Overview



MODULE ONE FALL - THE YOGA TRADITION

A 50 Hour Meditation Intensive

THE FALL SESSION will be comprised of:

- 14 weekly evening meditation classes
- 3 Sunday Meditation Day Retreats
- 15/16 hours of Yoga Philosophy Training, on 3 or 4 Saturday or Sunday dates TBA
- We will study and practice the Meditation Traditions as defined by Raja Yoga, Bhakti Yoga, Karma Yoga, Jnana Yoga, Mantra Yoga, Tantra Yoga, Kundalini Yoga and Vedanta
- We will become familiar with the spiritual teachings of Krishna, Yogananda, and Ramakrishna, and others
- We will explore our Spiritual Anatomy.



MODULE TWO WINTER - THE BUDDHIST TRADITION

40 Hours of Participation in Meditation Classes and Workshops

THE WINTER SESSION will be comprised of:

- 10 weekly evening meditation classes
- 3 Sunday Meditation Day Retreats
- We will study and practice traditional mindfulness meditation techniques and Tibetan Buddhist Meditations.
- We will become familiar with the teachings of some current Buddhist teachers, including The Dalai Lama, Thich Naht Hahn, Pema Chodren and Jack Kornfield.



MODULE THREE
SPRING - SPIRITUAL LEADERSHIP AND ETHICS

**40 Hours of Participation in Meditation Classes
and Workshops**

THE SPRING SESSION will be comprised of:

- 10 weekly evening meditation classes
- 3 Sunday Meditation Day Retreats
- In this module, there will be a focus on Spiritual Leadership and Ethics, as well as the business side of teaching and administering meditation classes



OTHER
20 Hours of Compassionate Service
(TBA sometime during the Program)

MEDITATION CLASSES ARE HELD AT:
[Chrysalis Yoga](#)
other options include: St. Catharines and
Mississauga

WEEKEND WORKSHOPS ARE HELD IN:
Oakville and TBA

About Tony Murdock

Tony's spiritual journey began in 1972 when he met his guru Ramakrishna Ananda while traveling through Southern California. After studying with him for 5 months, Tony received his spiritual name Vishnu Das (servant of the preserving aspect of the Divine). From this point forward, he has dedicated his life to personal spiritual unfoldment.

Tony's interest in spiritual development fueled an enthusiasm for world mysticism. This led him to study Comparative Religions at York University and California State University Fullerton. After completing his Honours Degree in Comparative Religions, he continued his academic studies and received his Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies.

Since 1998, Tony has been facilitating meditation classes and workshops in various parts of Ontario and Vancouver, BC. His personal practice and coursework incorporate a blend of meditations drawn from a variety of religious and spiritual traditions, including Hinduism, Buddhism and Christianity.

Tony is also a Therapeutic Touch practitioner and has released 3 meditation CDs.



Resources & Program Requirements

Resources & Books

- Enroll in www.mysteries.net
- Study material on www.themystic.org
- Purchase books:
 - Meditation and Its Practices, by Swami Adiswarananda
 - A Path with Heart, by Jack Kornfield
 - The Yoga Sutras of Patanjali (available as pdf)
 - The Bhagavad Gita (available as pdf)



Program Requirements

- Attend 130 Hours of classes and workshops.
- Attend 20 Hours of compassionate service.
- Set up a daily meditation practice - begin with once a day, then twice daily. Journal your home meditations, during two one-month periods.
- Lead classes or workshops, give presentations.
- Interview a “Mystic” in the market place.
- Read required resources and books.
- Write a Spiritual Autobiography, outlining your spiritual roots, your current spiritual views and your spiritual goals (3-5 pages).
- Write a book review.

Application Process & Investment

How to Apply

Step 1:

Complete the Application Form (a fillable pdf), under Registration on our [MTT page](#). Send this to: towardstillness@rogers.com. Tony will review your application and get back to you.

Step 2:

An Orientation Interview will be set up.

Step 3:

Upon acceptance, pay your deposit (registration fee) of \$150 + HST to secure your spot.

Tuition

Review the section Investment & What You'll Get on our [MTT Page](#) to see tuition amount.

Receive Added Items!

- **Worksheets and Handouts** to support information covered.
- **Meditation Classes** are included in the cost of the program and are held at:
 - [Chrysalis Yoga](#), in Burlington (Thursdays, 7:30 – 9:00pm)
 - Other options include:
 - Yoga by Sarah, in St Catharines (Tuesdays @ 6:45 – 8:15pm)
 - Mind to Body Yoga and Fitness, in Mississauga (Wednesdays @ 7:30 – 9:00pm)
- **Spiritual Day Retreats and Silent Day Retreats** are held at:
 - Wellspring, in Oakville (9:00am – 5:00pm, or 10:00am – 5:00pm)
 - Other locations (TBA)

Other Questions?

Please email Tony Murdock at: towardstillness@rogers.com
www.towardstillness.com



Let's Stay In Touch

We love posting inspirations, photos, information on upcoming events, trainings, and more.



You can speak with one of our yoga advisors at: (905) 319-9111 or yogaadvisor@chrysalisyoga.ca
www.chrysalisyoga.ca