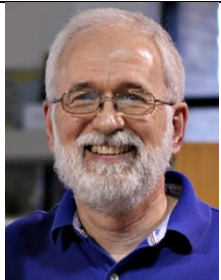




## A MEDITATION CLINIC “FOR BEGINNERS AND EXPERIENCED MEDITATORS”



**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.

Meditation is the art of stilling the restless mind and keeping a steady focus on an object.

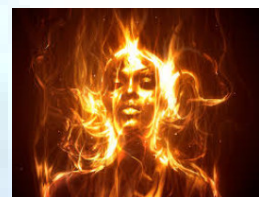
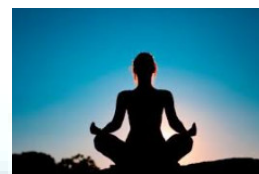
When our mind and emotions are balanced and harmonized, we have access to our true inner spiritual nature. We begin to have a healthy appreciation for our life and the lives of others. Our world is seen through new eyes, and we can start to perceive the interconnection and interdependence of all creation.

When our minds are calm, our body relaxes. When our mind and body are relaxed, we move toward stillness. When we experience stillness, we are moving toward a harmony of body, mind, emotions and spirit that is our birthright. Then, when we tune into our inner spirit, and call upon spirit to integrate into our daily life, we are connecting to an essential aspect of ourselves that not only gives us comfort and strength. Spirit gives us the sweet power of transformation to grow, to be compassionate toward ourselves and to others, and to become fully human.

Meditation opens the door to higher consciousness.

These are some of the topics we will be covering.

- **Setting up a home practice**
- **Setting up a meditation space**
- **Overcoming obstacles**
- **Cultivating benefits, breakthroughs**
- **Deepening your practice**
- **Types of meditations**
- **Secular vs. spiritual meditations**
- **Stages of meditation**



**Sunday September 24<sup>th</sup>, 2017: 10:00 AM – 1:00 PM**

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

at **WELLSPRING Birmingham Gilgan House**

2545 Sixth Line, Oakville, Ontario L6H 7V9

**TOWARD STILLNESS MEDITATIONS**

Contact Tony at [towardstillness@rogers.com](mailto:towardstillness@rogers.com) for payment options

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

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