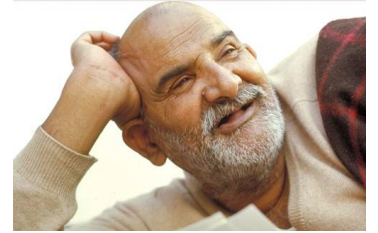




*Toward Stillness
Meditations*

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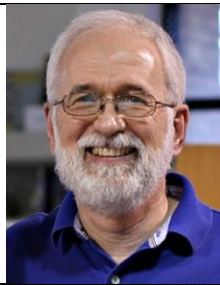


A TSM SPIRITUAL DAY RETREAT

“Surrendering into our Divine Hearts”

A Day of Kirtan, Mantra Chanting and Bhakti Meditation

With Special Guest Brenda McMorrow



**Tony Murdock, MA,
Meditation Facilitator and Program Coordinator**

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 **Brenda McMorrow**

Bhakti (Devotion) is a beautiful way to open our hearts and to recognize the divine nature that is within us.

Join us for a day of devotional chanting, healing mantras and heart centered meditations...oh yes, and lots of joy and love and laughter!!!

**“Brenda McMorrow has a gift.
When she sings, Maharaji is there.”**

Ram Dass



Sunday June 2nd 2019: 10:00 AM – 5:00 PM

Program Fee: \$108.00 + hst (\$122.00)

at **WELLSPRING Birmingham Gilgan House**

2545 Sixth Line, Oakville, Ontario L6H 7V9

Please register early with Tony at towardstillness@rogers.com and e-transfer payment to the same email to confirm your spot.

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

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www.brendamcmorrow.com