

*Toward Stillness  
Meditations*

www.towardstillness.com



# SILENT DAY RETREAT

## “Master Your Resolutions for the New Year”

facilitated by **Tony Murdock, MA**

**Sunday January 8<sup>th</sup> 2012**

**9:00 AM – 5:00 PM**

**Program Fee: \$100.00 + HST (\$113.00)**

at **WELLSPRING**

**www.wellspring.ca**

1148 Winston Churchill Blvd, Oakville ON

Enjoy a day of silence as we practice various techniques to assist us in finding what resolutions our soul wants for us. In addition to periods of silence and inner reflection, you will be guided and directed through the different stages of the day, which will include sitting meditations (in solitude and in a group), walking meditations, and heart meditations.

When the mind eventually quiets and stills, we will attune to our soul's vibration, and become more aware of its inner guidance.

We will begin the day with a Devotee Chakra, a ritual celebration to invoke the Divine within us.

Silence in solitude is rich and rewarding;  
Silence in community is priceless.

### Bring list:

- Your yoga mat (optional – for private practice)
  - Comfortable clothing
  - Your Journal
- A bagged lunch (a fridge is available)
- Snacks, coffee and tea will be provided
- Inner Permission to enter into Silence

Make cheques payable to:

**TOWARD STILLNESS MEDITATIONS**

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Tony Murdock has a Master's degree in Sanskrit and Hindu Religious History, with a minor in Christian Studies. He has been practising meditation and studying yoga philosophy and mysticism since 1972.

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

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