



# SILENT DAY RETREAT

## “FINDING YOUR INNER STILLNESS IN SILENCE”

facilitated by **Tony Murdock, MA**

**Sunday Oct 25<sup>th</sup> 2009**  
**9:00 AM – 5:00 PM**

**Program Fee: \$100.00 + GST**

at **WELLSPRING**  
**www.wellspring.ca**  
2545 Sixth Line, Oakville ON L6J 4Z4

Enjoy a day of silence as we practice various techniques to assist us in deepening our inner peace and in leading us to a wholeness of being. 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 learn to listen to the inspiration that comes from our own inner wisdom.

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

Snacks, coffee and tea will be provided. Please bring a bagged lunch.

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)
- Inner Permission to enter into Silence

Make cheques payable to:  
**TOWARD STILLNESS MEDITATIONS**  
28-3360 Council Ring Road  
Mississauga ON L5L 2E4  
905-820-4706  
[towardstillness@rogers.com](mailto:towardstillness@rogers.com)

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\*\*\***