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A "TOWARD STILLNESS MEDITATIONS" WORKSHOP  
[www.towardstillness.com](http://www.towardstillness.com)

## A SPIRITUAL UNFOLDMENT RETREAT DAY

"If you don't know where you're going,  
any road will take you there" (George Harrison)



### Tony Murdock, MA, Meditation Facilitator

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.

**Sunday Sept 27<sup>th</sup> 2009**  
**9:00 AM – 5:00 PM**

**Program Fee: \$140.00 + GST**

**According to most spiritual traditions, the goal of spiritual life is the union of our finite limited self with the Infinite Self. There are many paths toward this union, a union that most practitioners tell us is found within us.**

**During this Spiritual Unfoldment Retreat Day we will explore a variety of approaches that can help us on our personal inner journey toward this goal.**

**The day will include:**

#### **THE 10 MAIN DIVISIONS OF YOGA IN INDIA**

- We will take a brief look at Raja Yoga, Jnana Yoga, Karma Yoga, Bhakti Yoga, Tantra Yoga, Laya Yoga, Hatha Yoga, Mantra Yoga, Kundalini Yoga and Kriya Yoga.
- We will practice brief meditations to highlight the various types of practices represented by some of these traditions.

#### **THE FIRST CHAPTER OF THE YOGA SUTRAS OF PATANJALI**

- We will take an in-depth look at the stages of meditation and the levels of consciousness referred to in this chapter of the yoga sutras.
- We will practice the meditations recommended in this chapter.

**Bring list:** a bagged lunch

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