



TESTIMONIALS

FOR

THE SPIRITUAL LIFESTYLE AND MEDITATION FACILITATOR TRAINING PROGRAM (SLMF)

With Tony Murdock, MA

For Personal Interest and Spiritual Growth

The most important thing I can say about The Spiritual Lifestyle and Meditation Facilitator Training Program is that you do not have to set out with the intention to actually "teach." While taking the program I was asked several times what my "intention" was. Did I want to become a meditation facilitator? My answer was always the same. "I don't know". I took the program because the subject had always fascinated me and I was at a place in my life when I was ready to grow spiritually. My work with Tony has placed me on a new path. Instead of being one who sits on the park bench looking at the path, wondering where it leads, I am actually walking on the path, every day, one step at a time, awakening to the wonders of life, my connection to all life and most importantly, answering the age old question: Who am I? I'd urge everyone to get off the bench, take the first step in finding out who you are and how you are connected to life. I guarantee you won't be disappointed. Remember....you don't need a "reason" to take the course, just a desire to grow.

Bonita Amorim, Mississauga

"The Meditation Facilitator Training Program offered me the opportunity to explore the world of mysticism in an intelligent, gentle and compassionate manner. Tony's extensive knowledge and experience along with his wisdom and compassion are a few of the reasons why he remains one of the most influential teachers that I have had the pleasure to meet. I feel more knowledgeable, humble and compassionate as a result of the transformation that this program allowed me to experience. I am and continue to be very grateful for this learning and self growth opportunity."

Erika Caspersen, St. Catharines



I initially became interested in this program in order to deepen my yoga practice and enhance my teaching skills. Ironically though, the program presented itself during a life crisis when I was filled with pain and sorrow. Over the course of 2 years, showing up for classes, having trust in the program and being persistent in practicing the meditation techniques, I began to gently unfold from the tightness of my suffering. Physically, I softened and became more spacious. Emotionally and mentally I grew to understand and appreciate who I am as a unique person, and spiritually I found the window that allows me to reach out and touch my Soul. Today I am a better teacher and I am a more complete person. I am healed...and I am grateful. With much gratitude...

Melanie Herman, Burlington

Tony's SLMF Training Program is not your typical meditation course. It is thorough. It includes the many aspects of meditation and its origins that are often missed. His teaching is unique. His 'non-fluffy' approach to meditation makes it a course you can easily apply to many lifestyles and appeals to many different situations. I personally cannot tell you how much his course helped me grow both personally and professionally. You will have to try it out for yourself!

Shannon Holmes, Mississauga

I found the training to be challenging and soul enriching. I feel I gained the resources necessary to strengthen my own meditation practice, and to give guidance to others. Many thanks to my teacher, Tony Murdock, for a rich and rewarding journey on the spiritual path.

Sue McClelland, Burlington

Tony helped me develop more spiritually. Not only did he instruct us in many different ways to meditate, he showed us how to develop the practice that was right for us. He also showed me the value of demonstrating gratitude and appreciation and how that alone can help me. I have found the work I have done with Tony has helped the quality of my life and those around me. Tony is generous and kind. The more I get to know him the more I learn about his qualities.

Marie Gaspari, Mississauga

"Tony Murdock brings tremendous experience and knowledge to the subject of the yoga and meditation. His kind and loving spirit provides students with the perfect environment to safely explore their own heart. I highly recommend this program for any seeker. It is an experience which will surely guide you further along your own spiritual path."

Melinda Clarke, Oakville