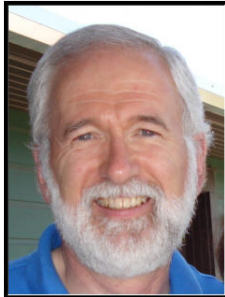




## A SPIRITUAL RETREAT DAY “EFT – THE EMOTIONAL FREEDOM TECHNIQUE AS A TOOL FOR SPIRITUAL TRANSFORMATION”



**Tony Murdock, MA, Meditation Facilitator**  
[www.towardstillness.com](http://www.towardstillness.com)

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 David Rourke, EFT Master**  
[www.davidrourke.ca](http://www.davidrourke.ca)

David is credentialed as an EFT Master, Cert.-Honors and uses Emotional Freedom Techniques in his private practice to facilitate healing from major trauma, addictions, phobias and anything else that gets in the way of true happiness. Over the past 20 years he has conducted numerous Level 1 and Level 2 workshops and seminars, teaching EFT to a wide variety of audiences. He has held numerous CE approved workshops for professional counselors and therapists.



**Sunday July 25 2010**  
**9:00 am – 5:00 pm**

at **WELLSPRING**  
[www.wellspring.ca](http://www.wellspring.ca)  
2545 Sixth Line, Oakville ON L6J 4Z4

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

**This is a day for SPIRITUAL TRANSFORMATION,  
using the techniques of EFT and the practices of MEDITATION.**

**Emotional Freedom Techniques (EFT)** is a powerful technology for quickly resolving emotional distress. This Energy Therapy, at times called acupuncture for the emotions, is highly effective in reducing the impact of trauma and stressful events. The effect of the technique is calming and allows the client to think more clearly about the issue.

**The practice of specific Meditation techniques**, combined with **EFT**, can help us to effectively leave behind the burdens of our past and rise above the fluctuations in our consciousness to more easily move forward on our individual path of **SPIRITUAL TRANSFORMATION**.

**Bring list:** comfortable clothing; your journal; a bagged lunch

Make cheques payable to:

**TOWARD STILLNESS MEDITATIONS**  
28-3360 Council Ring Road, Mississauga, ON L5L 2E4

To register contact Tony at [towardstillness@rogers.com](mailto:towardstillness@rogers.com) or 905 820 4706