

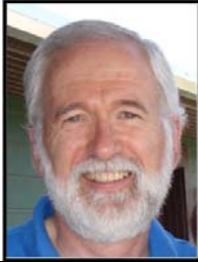


The Yoga Centre of Burlington
541 Brant Street, Studio 1
Burlington, ON
L7R 2G6
www.yogaburlington.ca
Email: ycob@yogaburlington.ca
Phone: 905-639-6138

*Toward Stillness
Meditations*
www.towardstillness.com



SPIRITUAL RETREAT DAY “A MEDITATION CLINIC”



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 May 2nd 2010
9:00 am – 12:30 pm
1:30 pm – 5:00 pm

Program Fee:
\$140.00 + GST

LOCATION:

THE YOGA CENTRE OF BURLINGTON
541 Brant St Studio 1 Burlington ON L7R 2G6
www.yogaburlington.ca 905 639 6138

ATTENTION ALL MEDITATORS!!! This MEDITATION CLINIC is for YOU.

This Special day is for all meditators, both new and experienced.

The Morning Session – The Obstacles: We will examine the obstacles that can easily stall our spiritual and meditation progress. The shared wisdom of the saints and sages who have gone before us can help us understand and overcome what is standing in the way of us becoming more successful in our meditations.

The Afternoon Session - Going Deeper in your Practice: We will explore how to initiate breakthroughs and transformations in your meditation practice. The techniques that we will learn will help to deepen our personal experience. We will spend some time looking at the postures for meditation and the attitudes for going deeper.

Bring list: comfortable clothing; your journal; yoga mat (optional); a bagged lunch

MAKE CHEQUES PAYABLE TO:

TOWARD STILLNESS MEDITATIONS
28-3360 Council Ring Road Mississauga ON L5L 2E4
towardstillness@rogers.com 905-820-4706

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