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*Toward Stillness  
Meditations*  
[www.towardstillness.com](http://www.towardstillness.com)



# A SILENT DAY RETREAT

## “FINDING YOUR INNER STILLNESS”



**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. He has a Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies. Tony has been sharing meditation with others since 1998.

## A SILENT DAY RETREAT

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

**Saturday Mar 6<sup>th</sup>**

**9:00 am – 5:00 pm**

**Fee: \$100.00 + gst**

**LOCATION:**  
**PRANA YOGA & WELLNESS STUDIOS**  
245 Wycroft Road #2  
Oakville ON L6K 3Y6  
[info@pranayogastudios.com](mailto:info@pranayogastudios.com)  
905 338-2880 (to register)

