

*Toward Stillness  
Meditations*

www.towardstillness.com



# SILENT DAY RETREAT

## “NEW BEGINNINGS: HARMONY AND PEACE”

facilitated by **Tony Murdock, MA**

**Sunday Jan 31<sup>st</sup> 2010**

**9:00 AM – 5:00 PM**

**Program Fee: \$100.00 + GST**

at **WELLSPRING**

**www.wellspring.ca**

2545 Sixth Line, Oakville ON L6H 7V9

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

Make cheques payable to:

**TOWARD STILLNESS MEDITATIONS**

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Tony Murdock has a Master's degree in Sanskrit and Hindu Religious History, with a minor in Christian Studies. He has been practising meditation and studying yoga philosophy and mysticism since 1972.

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

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