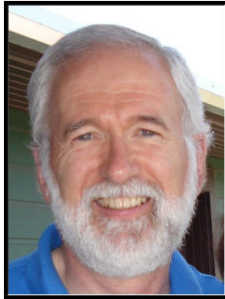




A SPIRITUAL RETREAT DAY

“BHAKTI YOGA (THE YOGA OF DEVOTION) AND THE ANAHATA CHAKRA (HEART CENTRE)”



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 March 7 2010
9:00 am – 5:00 pm**

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

at **WELLSPRING**
www.wellspring.ca

2545 Sixth Line, Oakville ON L6J 4Z4

This is a day for OPENING your SPIRITUAL HEART.

The **Anahata Chakra** is the **Spiritual Heart Centre**. We will explore the symbolism of the **Anahata Chakra** and practice a number of meditations to help open this **spiritual centre**.

Bhakti Yoga is the **Yoga of Devotion**. We will learn the art of **devotional meditation**.

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

With special guest Jim Gelcer

<http://www.myspace.com/jimgelcer>

Jim will join us from 3:00 – 5:00 to lead a Kirtan Workshop.
He will introduce us to the Bhakti path of devotional chanting.

\$40.00 + gst for Kirtan Workshop only



Make cheques payable to:

TOWARD STILLNESS MEDITATIONS

28-3360 Council Ring Road
Mississauga ON L5L 2E4

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

To register contact Tony at towardstillness@rogers.com or 905 820 4706