



THE MEDITATION TEACHER TRAINING PROGRAM

SEPT 2016—JUNE 2017

10TH ANNUAL (EXPANDED AND REVISED)

“The winds of God's grace are always blowing, it is for us to raise our sails.”

RAMAKRISHNA

This is a unique 10 month 150 hour in-depth and comprehensive training program. The core 130 contact hours provide an experiential exploration of meditation, mysticism, philosophy and spiritual lifestyle training. The additional 20 non-contact hours provide an opportunity to experience compassionate service. We will study and practice meditations associated with The Yoga Traditions of Ancient India, as well as study and practice the meditations of The Buddhist Traditions, including Mindfulness, Zen and the Tibetan Buddhist Traditions. You will grow in the type of the meditation practice that is right for you, and learn how to help others find the practice that is right for them.



Simply put, meditation is the art of stilling our mental and emotional turbulence, with the aim to raise our vibration and live in a state of higher consciousness. In its simplest application meditation can be used for relaxation and stress reduction, and bring us to an awareness of the important interconnection between our minds and bodies. Meditation can help us manage our physical and emotional pain and give us a tool to use to cope with the apparent disharmony in our lives. At a deeper level, meditation can help us to release our emotional blockages. It can help us to face and



work through our pain, and bring healing to the heart and body. This healing allows us to open the heart and integrate our spiritual nature with our mind, our emotions and our body. When our mind and emotions are balanced and harmonized, then we have access to our true inner spiritual nature. We begin to have a healthy appreciation for our life and the lives of others. Our world is seen through new eyes, and we can start to perceive the interconnection and interdependence of all creation.

MEDITATION CALMS THE MIND AND EXPANDS THE HEART
MEDITATION OPENS THE DOOR TO HIGHER CONSCIOUSNESS

This is a program that will bring about transformation and change in your life. You will learn to transform old habits and develop new patterns of behavior. You will learn to move forward in your



MTTP CURRICULUM AND OVERVIEW

life, to trust in the Universal Divine Principle, and learn to be open to “What is next.” You will acquire the skills to be a Spiritual Leader, and learn how to be an instrument of the Divine. We will learn how to assist others to grow and develop on their own personal spiritual journey. Begin your journey of spiritual unfoldment today.

**WHEN YOU HAVE AN EFFECTIVE MEDITATION PRACTICE
ONLY THEN CAN YOU BE AN EFFECTIVE MEDITATION TEACHER**



MODULE ONE: FALL 2016 - THE YOGA TRADITION **A 50 Hour Meditation Intensive**

THE FALL SESSION will be comprised of 60 hours...choose 50 (some conditions apply):

- 14 weekly evening meditation classes Chrysalis (Thursdays, Sept 15— December 15, 7:30—9:00)
- 3 Sunday Meditation Day Retreats Oakville (Oct 30, Nov 6, Nov 13, 9:00—5:00)
- 15 hours of Yoga Philosophy Training Chrysalis, Saturday Sept 18, Oct 2, Oct 15 (1:00—5:00), and Sunday Oct 29 (1:00—4:00)
- We will study and practice the Meditation Traditions as defined by Raja Yoga, Bhakti Yoga, Karma Yoga, Jnana Yoga, Mantra Yoga, Tantra Yoga, Kundalini Yoga and Vedanta
- We will become familiar with the spiritual teachings of Yogananda and Ramakrishna and others
- We will explore our Spiritual Anatomy.





MTTP CURRICULUM AND OVERVIEW

MODULE TWO: WINTER 2017 - THE BUDDHIST TRADITION

40 Hours of Participation in Meditation Classes and Workshops

THE WINTER SESSION will be comprised of:

- 10 weekly evening meditation classes Chrysalis (Thursdays Jan 5—March 9, 7:30—9:00)
- 3 Sunday Meditation Day Retreats (TBA)
- We will study and practice traditional mindfulness meditation techniques and Tibetan Buddhist Meditations.
- We will become familiar with the teachings of some current Buddhist teachers, including The Dalai Lama, Thich Naht Hahn, Pema Chodren and Jack Kornfield.



MODULE THREE: SPRING 2017 SPIRITUAL LEADERSHIP AND ETHICS

40 Hours of Participation in Meditation Classes and Workshops

THE SPRING SESSION will be comprised of:

- 10 weekly evening meditation classes Chrysalis (March 23—May 25, 7:30—9:00)
- 3 Sunday Meditation Day Retreats (TBA)
- In this module there will be a focus on Spiritual Leadership and Ethics, as well as the business side of teaching and administering meditation classes

20 Hours of Compassionate Service (TBA sometime during the Program)

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CLASSES AT CHRYSALIS IN BURLINGTON

WEEKEND WORKSHOPS IN OAKVILLE AND AT CHRYSALIS





MTTP REQUIREMENTS

- Orientation Interview
- Spiritual Autobiography, outlining your spiritual roots, your current spiritual views and your spiritual goals, 3-5 pages.
- Enrolment in www.mysteries.net
- Study material in www.themystic.org

Books to Purchase:

- § Meditation and Its Practices, by Swami Adiswarananda
- § A Path with Heart, by Jack Kornfield
- § The Yoga Sutras of Patanjali (available as pdf)
- § The Bhagavad Gita (available as pdf)

- Write a Book Review TBA
- 130 Hours of classes and workshops
- 20 Hours Compassionate Service (TBA)
- Setting up a daily meditation practice, beginning with once a day, then twice daily...you will be asked to journal your home meditations, during two one month periods
- Lead Classes or Workshops, give presentations (TBA)
- Interview a "Mystic" in the Market Place (TBA)

PROGRAM FEES:

Only \$2050.00 + hst total for this 150 Hour Certificate Program

FINANCIAL BREAKDOWN...

\$150.00 + hst ...Registration Fee (ADMIN FEES AND FOR ADDITIONAL READING MATERIAL)

\$700.00 + hst ...50 Hours Fall 2016

\$600.00 + hst ...40 Hours Winter 2017

\$600.00 + hst ...40 Hours Spring 2017

N/C...20 Hours Compassionate Service

Monthly payment option available



This includes

WEEKLY MEDITATION CLASSES -

- At Chrysalis Yoga Studio in Burlington (Thursdays, 7:30 – 9:00)

MEDITATION DAY RETREATS

- Sunday SPIRITUAL DAY RETREATS and SILENT DAY RETREATS days at Wellspring in Oakville (9:00 – 5:00, or 10:00 – 5:00); other locations TBA:

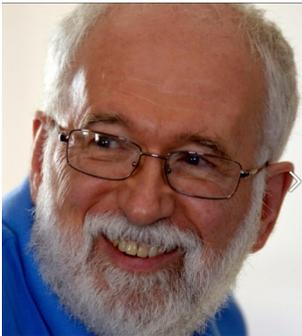
You can stream in at any time, and the program can be personalized.



ABOUT THE INSTRUCTOR

Tony Murdock, MA (Vishnu Das)

My spiritual journey began in 1972 when I met my guru Ramakrishna Ananda while traveling through Southern California. After studying with him for 5 months I received my spiritual name



Vishnu Das (servant of the preserving aspect of the Divine). From this point forward, I have dedicated my life to personal spiritual unfoldment.

My interest in spiritual development fueled an enthusiasm for world mysticism. This led me to study Comparative Religions at York University and California State University Fullerton. After completing my Honours Degree in Comparative Religions, I continued my academic studies and received my Master's degree from McMaster University in Sanskrit and Hindu Religious History, with a minor in Christian Studies.

Since 1998 I have been sharing meditation with others in various parts of Ontario. I help found the Yoga Teacher Training Programs at The Yoga Centre of Burlington,, at Maureen Rae's Yoga Studio in Etobicoke and at Yoga by Sarah in St Catharines. In this coming year I have been asked to contribute to the YTT program at Chrysalis Yoga.

For the past 10 years I have developed and nurtured this Meditation Teacher Training Program. It is a comprehensive 150 hour program that teaches the essential elements of meditation, yoga philosophy, world mysticism, spiritual leadership, compassionate living, as well as the principles of Healing Meditations.

In addition, I am a Therapeutic Touch practitioner, pursuing Recognized Practitioner Status with the Therapeutic Touch Network of Ontario. In November 2011 I was the Keynote speaker at their Annual Conference, leading the post-Conference day long workshop. In May 2012 I was the Keynote speaker and led the primary workshop for the Atlantic Therapeutic Touch Network in Halifax.

To date I have released 3 meditation CDs.



MTTP REGISTRATION FORM

NAME: _____

ADDRESS: _____

HOME PHONE: _____

CELL PHONE: _____

EMAIL ADDRESS: _____

HOW LONG HAVE YOU BEEN MEDITATING? _____

HOW LONG DO YOU MEDITATE EACH DAY? _____

WHAT MEDITATION TRADITION? _____

WHY DO YOU WANT TO TAKE THIS PROGRAM?

WHEN ARE YOU FREE TO MEET FOR AN ORIENTATION INTERVIEW? _____

PAYMENT OPTIONS: Cheque(s) or e-Transfers (Check One)

- Payment in Full: \$2050.00 + hst _____
- Payments by Module: \$150.00 + hst; \$700.00 + hst; \$600.00 + hst; \$600.00 + hst _____
- Monthly Payments: \$150.00 + hst; 10 post-dated cheques of \$190.00 + hst _____

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