

**Event:** Your Inner Islands: Keys to Intuitive Living

**Presenter:** Dr. Will Tuttle PhD

**Date & Time:** Monday, August 20 at 1pm-3pm

**No Admittance after 1pm. Doors will close at 1pm and remain locked for the duration of the presentation. Please arrive 15 minutes prior to the start of the event.**

**Location:** [Breathing Space Yoga Studio](#)  
7167 W Saanich Rd, Brentwood Bay BC

(Parking is available in a nearby parking lot, accessed off Verdier Avenue.)

**Note: Floor seating only. Shoes are removed upon entry to the yoga studio. Cushions and blankets are available for seating. Please wear comfortable clothing, suitable for sitting on the floor.**

**Maximum Participants:** 30

**Price and Payment Options:** \$10 Cash or Cheque or Interac Bank Transfer.  
**Please Pre-Register prior to the event.**

Registration Options:

1. Directly with the Event Contact (see contact details below); or,
2. Through [Eventbrite](#)

LINK to [Facebook Event Page](#)

**Event Description:** Dr. Tuttle presents ideas on transforming our inner and outer world by connecting deeply with our inner intuition and creativity, and explains how the ancient practice of Ahimsa, in which we turn our attention to the well-being of others, including non-human life forms, can catalyze powerful forces in our lives that increase our own happiness and well-being, and that of those whose lives intersect with ours.

Dr. Tuttle's insights include:

- ⇒ Discovering your unique ways of accessing your intuitive wisdom,
- ⇒ Effective inner & outer practices for developing joy and spiritual awareness,
- ⇒ Techniques using meditation, imagery, music, and art that inspire intuitive insights,
- ⇒ How to respond to the global "intuitive imperative" and meditate more effectively,
- ⇒ Ancient secrets for awakening the love, compassion, joy, and peace within,
- ⇒ How practicing Ahimsa integrates deeply into an intuitively guided lifestyle.

**Designed to Inspire:** Yoga practitioners or anyone who is interested inner-guided intuitive living, and the practice of Ahimsa.

**About the Presenter:** Dr. Will Tuttle, Zen Dharma Master, pianist, composer, educator, and internationally celebrated author, has performed and lectured throughout North America, Europe, Asia, Australia, and more recently Africa and the Middle East. His doctorate degree with highest honours from the University of California, Berkeley, focused on educating intuition in adults, and he has taught college courses in creativity, humanities, mythology, and philosophy. He has a broad background in both Eastern and Western meditation traditions, and is a former Zen monk. Devoted to planetary awakening and to creating uplifting healing music, he has created 8 much-loved CD albums of original piano music, as well as his #1 Amazon best-selling book, [The World Peace Diet](#). He travels with his wife, Madeleine, a visionary artist from Switzerland, providing concerts, lectures, workshops, and exhibits, and their intuitively-inspired Personalized Music and Art Portraits for individuals and couples. He is one of the founders of the [Circle of Compassion: Worldwide Prayer Circle for the Animals](#). Recipient of the [Courage of Conscience Award](#) and the [Empty Cages Award](#), Dr. Tuttle's spiritually grounded talks and interviews are sought-after throughout the world.

**Quotes:** "We have heard that islands of light lie within us. Sanctuaries of understanding, peace, and intuitive wisdom, these inner islands seem to beckon. Perhaps we can make a journey to discover and explore them and in so doing, develop within us keys to living more freely and creatively on this Earth.

What greater gift can we give to ourselves and to others than our sincere effort to cultivate our intuition?" Will Tuttle, [Your Inner Islands](#), page 7

"'Not to kill but to cherish all life.' This is the principal of **ahimsa** or harmlessness, and is the fundamental precept from which the others spring. It is to refrain from killing or injuring other people and sentient creatures by any action of the body, speech, or thought. It emphasizes cultivating an attitude of cherishing and protecting all expressions of life. As you go deeper into meditation, the wall between yourself and others will begin to dissolve and you will naturally become less narrowly self-interested... Internalizing this precept creates a field of compassion and power around you, giving your words and actions weight with other people." Will Tuttle, [Your Inner Islands](#) page 46.

- Links to Related Resources:**
1. Book: [Your Inner Islands: Keys to Intuitive Living](#),
  2. Book: [The World Peace Diet](#)
  3. Guided Meditations: [Four Viharas](#)
  4. Guided Meditations: [World Peace Meditations](#)
  5. [Dr. Tuttle practicing Qi Gong and Walking on Hands](#) (youtube)
  6. [Gratitude Meditation](#) (youtube)

**Not for Profit Event:** ALL Proceeds turned over to support Dr. Tuttle's noble work in vegan compassion advocacy.

**Event Contact:** 250-721-1101 [chris@veged.ca](mailto:chris@veged.ca) [www.veged.ca](http://www.veged.ca)