

<u>Date</u>	<u>Time</u>	<u>Event & *Venue</u>	<u>Cost</u>	<u>Description</u>
Sun. Aug. 19	6pm-7pm? (tentative)	Guided Meditation <i>*Private Residence?</i>	Donation	This event is CANCELLED.
Mon. Aug. 20	1pm-3pm	Your Inner Islands Workshop <i>*Breathing Space Yoga Studio</i>	\$10	*WT talks about his book " Your Inner Islands " in which he 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. * DETAILS and Poster
Mon. Aug. 20	7pm-8:30pm	Healing Power of Music Workshop <i>*St. Mary's Church Saanichton</i>	Donation	*WT and MT share insights into the art of meditative improvisations, including techniques they use to bring about spiritually and intuitively guided musical expressions within the moment, and how this approach to music brings a powerful healing force to our lives. Engaging group exercises are included. *This presentation is designed to inspire professional and amateur musicians, music teachers, music students, anyone (of any age!) who may be interested in beginning music studies on any instrument, and music appreciators. * DETAILS and Poster
Tue. Aug. 21	3pm - 5pm	Keys to Harmonious Relationships <i>*Vegan Hippie-Chick Cafe</i>	\$30	This event is CANCELLED.
Tue. Aug. 21	7pm-9pm	World Peace Concert for the Animals <i>*Church of Truth</i>	\$30/\$20	*WT performs his own original compositions and improvisations on a Grand Piano, accompanied by his wife, Madeleine, on flute. *Partial Fund Raiser for Rescue and Sanctuary for Threatened Animals (RASTA) * DETAILS and Poster
Wed. Aug. 22	3pm-5pm	Creating Joy as a Vegan Advocate Workshop <i>*Green Cuisine</i>	Donation	*WT shares personal insights on how we can become more effective in vegan advocacy by seeking and spreading peace, joy, love and compassion. He offers tips and techniques to help us remain positive, healthy, focused and joyful in a movement in which many advocates experience inner trauma, along with insights into the Six Paramitas, powerful Buddhist teachings that help us transform ourselves into uplifting beacons of light for others. * DETAILS and Poster
Wed. Aug.22	7pm-8:30pm	World Peace Diet Talk <i>*Victoria Public Library</i>	FREE	*WT talks about his book The World Peace Diet , in which he presents ideas on transforming our inner and outer world through compassionate food choices. * DETAILS and Poster

NOT FOR PROFIT PROJECT:

EVENT Proceeds will be turned over to support Dr. Tuttle's work to spread compassionate living throughout the world, and to support RASTA animal sanctuary, and the Music Ministry of St. Mary's Church.