Tranquil Moments

Musical meditation, world chant & deep listening . . . with Nancy Watters & Massimo Pintus



Healing Concert: Friday, August 17, 7- 8:30 pm,

Seating limited to 50. All tickets \$20 at 10 Old Books & Lila Music Centre (Duncan), Art House (Shawnigan Lake), Ivy's Books (Oak Bay) or at the door.

Sound Healing Workshop: Saturday, August 18, 9:30--4:30 pm & registration at www.luminous-tones.com

Art House, 1756 Wilmot Road, Shawnigan Lake

"Sound can help people make shifts in perspective that normally take 1-2 years of meditation... [it's] the most powerful magic for enabling us to live extraordinary lives filled with peace, passion, health and a sense of unity with the universe." Oncologist Mitchell L. Gaynor, M.D



