



An Invitation to the Forest

SUNDAY, MAY 26, 2024

10:00 am to 6:00 pm

**LOCATION: Evo's 1771 West Shawnigan
Lake Rd.**

CONTACT: Patricia at (250) 701-8095

PARKING: Guidance at the site

**Come to silence and stillness, the singing
of the creek
reflections of the lake and a mossy
labyrinth . . .**

**Come, linger and . . . enjoy the healing
sounds of bowls, forks and drums. Come
to take photographs, journal, read,
meditate, paint, sketch, write, be poetic
and dream.**

Facilitated Studio Circles

10:00 am: Creating the Sounds of Healing

11:00 am: Nature's Poetry: Mary Oliver

12:00 pm: Tarot in the Forest Light

1:00 pm: Haiku: Finding Nature's Voice

2:00 pm: Creating the Sounds of Healing

3:00 pm: Guided Silence Walk on Trans Canada Trail

SOCIAL HOUR: 4:30 to 6:00 at the dock.

WHAT TO BRING & WHAT'S NEARBY IN THE COWICHAN VALLEY

NOTE: The terrain is uneven.

Please dress warmly, have comfortable shoes, and bring a collapsible chair and water. The Trans Canada Trail, Kinsol Trestle, Merrydale Cidery, Unsworth Winery, Cobble Hill & Village, and Shawnigan Lake Village

**Instead of donating, we encourage visitors to sign a petition to
preserve the Old-Growth forests.**