



The Art of Healthy Living

The World Peace Diet – For a Healthier Body & Earth



A half-day workshop on healthy living
by
Will Tuttle, Ph.D. with Madeleine Tuttle

- * Are you interested in practical keys to radiant health?
- * Are you concerned about the high rates of disease in our society?
- * Do you feel called to help create a positive future for our children?
- * Do you aspire to skills in embodying healthy, sustainable living?
- * Would you like to understand the hidden roots of the dilemmas we face as individuals & a society?

This **World Peace Diet** presentation is offered by Dr. Tuttle to provide keys to vibrant wellness and healthy immunity during these challenging times, and provides teachings and exercises, as well as time for Q & A and discussion in a supportive and nurturing environment.

You will gain the tools to understand the power of food to heal us not just physically, but also culturally and psychologically, and how to more effectively bring this understanding to your community, friends, and family.

Besides the lecture going more deeply into the teachings in *The World Peace Diet*, Dr. Tuttle and his spouse Madeleine will share practical keys to reducing our environmental footprint, and to more healthy relationships and lifestyle choices.



Saturday
11/25

9-10:15am

JIVAMUKTI YOGA
\$18

IN PERSON & ZOOM
at the Yoga Room
Cleveland

After Yoga - Join us for
Dr. Will Tuttle's "The
Art of Healthy Living"
Workshop and a
Vegan Potluck

\$25 Donation (Or pay
whatever you can, all
are welcome)

Yoga + Workshop +
Potluck - \$35

Pay at the door

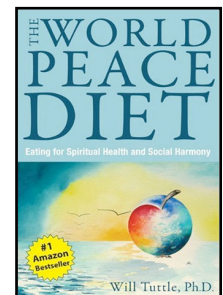
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"Dr. Will Tuttle is an inspirational force. The energy and expressions that I witnessed in the room around me were monumental." – **Jerrilyn Halbert**, KPFT Radio, Houston

"I've never seen an audience so attentive and enraptured as when Will Tuttle speaks."
Tench Phillips, president, Art Repertory Films, Norfolk, VA

*"Use **The World Peace Diet** as a guide to empower yourselves and others in making dietary choices that are powerful beyond what you can possibly imagine."*

- **Julia Butterfly Hill**, environmental activist and noted author



Dr. Will Tuttle, visionary educator, musician, and author of the international best-seller, *The World Peace Diet*, published in 18 languages, has lectured and performed in over 50 countries. A featured expert in *Cowspiracy* and other documentary films, he's a recipient of the prestigious Courage of Conscience Award. A former Zen monk and Dharma Master in the Zen tradition, he is the author of several books and has created 10 much-loved CD albums of original piano music. His inspiring presentations often include his music as well as evocative animal and nature paintings by his spouse, **Madeleine**, visionary artist from Switzerland, who is also a flutist, Waldorf teacher, organic gardener, and vegan chef. See www.worldpeacediet.com for more details.