

The Work of Byron Katie

Opening to True Freedom

Facilitated by Rosie Stave



Saturday 27th & Sunday 28th February

Question your thinking and change your life.

"People should be kinder; I'm too fat; he/she doesn't appreciate me; the world is not safe." Thoughts like these may constantly run through our minds, fostering fear, anger, struggle, stress, and depression. How different would your life be if these thoughts never bothered you again? No longer do we need to argue with life or ourselves... we can love what is instead.

- ♥ **Discover & transform** unhelpful beliefs with 'The Work' a simple yet profound method of finding happiness
- ♥ **Inquire** into issues on health, relationships, work, family, the world etc.
- ♥ **Experience** practical exercises that challenge habitual & destructive thought patterns to find freedom and peace.
- ♥ **Experience** facilitating as well as being facilitated in this simple process.
- ♥ **Experience** the **freedom** of you, without your story.

17 Hutchison
Circuit off
Richard Ave
Queanbeyan

9.30 – 5.30
BYO Lunch

\$250
Early Bird \$220 pay
by 9th February

"The worst thing that has ever happened is an uninvestigated thought." Byron Katie

**"Byron Katie's Work
is a great blessing
for our planet."
Eckhart Tolle, author
of 'A New Earth'**

About Rosie

Rosie Stave is a Certified Facilitator of The Work of Byron Katie. She has offered The Work and facilitated individuals and groups since 1996. The freedom the work has created in Rosie's life, and the lives of others, fuels her continued passion for this gift and her sharing of it. Come join her in discovering your own wisdom and truth. Come and share in the experience of learning to "Love What Is" and "Open to True Freedom".



For bookings / info contact: **Sally 02 6284 4547, 0412994704**
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For more information about The Work: www.thework.com or www.theworkwithrosie.com
In preparation read 'Loving What Is' by Byron Katie. Repeat participants \$190.

**Early Bird
* \$220**