

"After 26 years on a spiritual path, I can finally put all that I have learned into two words, "The Work." Byron Katie has masterfully taken all of the possible elements that can cause human suffering and synthesized them into four simple but elegant questions that will heal whatever ails you... Anyone who is serious about personal healing or evolution "NEEDS" to learn how to do The Work and do it every single day, for the rest of their lives. I am serious and, I do The Work daily." Iyanla Vanzant, Author, Founder and Executive Director, Inner Visions Institute For Spiritual Development

☯ Course Information

This Residential intensive invites you to:

- Leave your usual schedules and responsibilities behind.
- Set aside habitual patterns that keep you separate from feelings and beliefs that arise.
- Feel the impact of your belief systems.
- Address issues with a simple, effective method in a safe environment.
- Experience a new way of being with yourself and others
- Recognise the freedom of accepting life just as it is.
- Develop a deeper understanding of **The Work** to support a lasting difference in your life.

The Work has been called the most powerful method ever developed to end human suffering, and yet it is so simple that even a child can do it. It offers us a way to stop our painful war with reality so that we can see clearly.



The Work consists of a simple written exercise. Using specific, penetrating questions, we investigate our thinking and become aware of our confusion. This is self-realization. It's a chance for the mind to meet itself, to stop itself on paper and through inquiry, realize the cause and effect of arguing with 'what is.'

People who use *The Work* experience extraordinary and lasting impact on their daily lives.

WE will come together as a small intimate group forming a community to do *The Work* and unravel ourselves. This is an extraordinary opportunity to immerse yourself in *The Work of Byron Katie*.

☯ Accommodation

Held in a secluded tranquil environment at Sangsurya Retreat www.sangsurya.com.au located on a tree lined ridge on the outskirts of Byron Bay. Sangsurya has magnificent coastal rainforest with panoramic ocean views and an ozone-filtered freshwater swimming pool. The rooms are twin shared and each is unique.

☯ Meals

Delicious vegetarian meals are provided. Two days will be set aside for a juice cleanse. If you have any special dietary requirements please let us know in advance so we can make accommodation for your needs. We do not serve coffee, tea or other stimulants.

☯ Cost: \$1190

A \$300 non-refundable deposit is required to secure your space. Please submit by **19th March**. Balance due by **7th April**. **Early Bird \$1080** – Full payment by **19rd March**



☯ Arrival and Departure Times

Registration is from 4.30 pm Friday 16th April. Please arrive no later than 6.00pm. Departure will be at the conclusion of Wednesday afternoon's session at 4pm on the 21st April.

☯ How to Get There

Specific directions will be sent upon receipt of your deposit for registration. Air flights into Ballina, Coolangatta or Brisbane have shuttle services that can bring you directly into Byron for pick up or to Sangsurya itself.



Rosie

Rosie Stave is a *Certified Facilitator* of The Work of Byron Katie. She has been offering workshops and retreats in The Work and facilitating individuals and groups and since 1996, when she lived and worked with Katie for 2 years. 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 reclaim your true nature – innocence.



Return to Innocence

Securing Your Place

Make cheque payable to Rosie Stave and mail with your registration to:

**The Work of Byron Katie
With Rosie
PO Box 1720**

Byron Bay, NSW 2481 or

Or for email registration: Send details to Kevala via email and send deposit/payment via direct deposit into Rosie's account. R. Stave BSB# 082 489 account # 21882 2955 Reference... your name



Registration Form

Name: _____

Address: _____

Postcode _____

Phone:(H) _____

(W) _____

email: _____

I would like to pay in full now.

I would like to pay deposit of \$300 now.

Participant's Responses

"The simplicity and the depth of the process shed years of mind rattling, better than 15 years of therapy -- and this is a tool that you are left with." Bhavani

"Doing The Work has been the most life-changing process I have ever done." Susie

"Rosie is extraordinary in her ability to facilitate The Work. She is insightful, incisive and compassionate – a master at work...I highly recommend her workshop to anyone seeking inner peace."

Kay Rosen, Social Worker/Therapist/Counsellor

"I recommend the intensives highly. If someone asked me what would be the most precious gift I could think of, to give to someone (or myself), it would be to do the Work with Rosie."

Deb, participant in several five day residential.



For Information about the Intensive or
The Work of Byron Katie with Rosie Stave

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The Work of Byron Katie

with

Rosie



Return to Innocence



*Who would you be without your story,
your idea of yourself?
Come join us and discover the innocence
of your true being, the sweetness
of you unfolding.*

The Work of Byron Katie

facilitated by
Rosie Stave

**Five-day Residential
Intensive**

16th – 21nd April 2010