

The Work of Byron Katie

www.thework.com

TALKS & WORKSHOP ON BIG ISLAND

WITH

Valli & Gramya

Saturday-Sunday, August 15 and 16

Sat: 9am – 5:30pm & 7 – 9pm, Sun: 9am – 5.30pm



Do you have stressful thoughts like these?

*“My partner doesn’t appreciate me”
“I need more money”*

*“The world is a dangerous place”
“I’m too fat”*

How different would your life be if these thoughts never bothered you again? **The Work of Byron Katie** is a process that will help you clear your mind. It is a way to identify and question the thoughts that cause your suffering. **The Work** is simple, radical, and life-changing. Come and experience the power of **The Work** for yourself.

Gramya Alonso-Barth & Valli Waugh:

- Certified by The Institute for The Work of Byron Katie (USA)
- Have been doing **The Work of Byron Katie** since 1999
- Are mentors for candidates in the Certification Program
- Have staffed 13 nine-day Schools for **The Work with Byron Katie** in the USA, Holland, Germany and Belgium
- Run workshops and given private sessions worldwide

"My experience of The Work, as facilitated by the two of you was profound. Because of your help I have been able to create the mother of all shifts within myself. I have my life back." --John K., Hawaii



*Individual &
Couple Sessions
available*

BIG ISLAND – Free Talks

August 12 -- 6 to 7:30pm

Tutu's House, Kamuela
Ph. 885-6777

August 13 -- 7:30 to 9pm

Kalani Retreat, Kalapana
Ph. 965-7828

August 14 -- 7:30 to 9pm

19-4077 Maile Av. Volcano
Ph. 967- 7745

Workshop Aug 15-16 \$290

19-4077 Maile Av. Volcano
Early-Bird Discount: \$250

MAUI – Free Talks

August 6 -- 7 to 9pm

Temple of Peace, Haiku
575 Haiku Rd, Ph 575-5220

August 7 -- 7:30 to 9pm

Unity, 483 S. High St.,
Wailuku Ph. 242-9327

Workshop Aug 8-9: \$290

at Unity, High St., Wailuku
Early-Bird Discount: \$250
if registered by July 31.

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[www.goodcompanypacific.com/
Events.htm](http://www.goodcompanypacific.com/Events.htm)

www.thework.com/vwaugh.asp

www.thework.com/gbarth.asp

“Who would you be without your story?” – Byron Katie