

Workshop: 'Learn to Live a Balanced, Stress-Free life' Using the Work of Byron Katie®

What is it like to find the power of your own internal wisdom, your inner guidance system and to transform your life from suffering to joy?

Saturday 16 Nov: 10.00-17.00 & Sunday 17 Nov: 10.00-13.00

Registration: reserve your space through [Eventbrite](#)



Using the work of Byron Katie:

- We will explore what causes all distress, anxiety, and insecurity in your life.
- We will return to our natural state of being.
- You will learn to break the cycle of blame, hurt and disappointment and find happiness and joy and freedom.
- We will again learn to be fearless, openly communicate and be fully present in all our interactions.

Whether you are familiar with Byron Katie's Work or not, this workshop promises to be an insightful and inspirational event.



Facilitated by Sagar Simon, a certified facilitator of 'The Work' of Byron Katie® with a Masters in Counseling Psychology. Sagar has over 30 years of experience in leading groups, meditations, and workshops. You will leave with a set of easy-to-use tools to address all the issues you currently face and discover a way to end confusion.

Sagar +31(0)646.265.412 or E: workshop@people-solutions.org



Location: ZZIIN-Work & Health Koningin Julianaplein 10 — 2595 AA Den Haag,
(upper level in Den Haag Centraal Station)

Cost: € 120,00 if paid before 31st Oct and from 1st Nov onwards € 130,00

Lunch: Included on Saturday, 16 November

Registration: reserve your space through [Eventbrite](#)