

The Work of *Byron Katie*

as facilitated by
Jehrin Alexandria

Finally in Alberobello (BA) the first workshop on “The Work” of Byron Katie.

“The Work” of Byron Katie is a simple process of inquiry that teaches you to identify and question the thoughts that cause all the suffering in the world. It’s a way to understand what’s hurting you, and to address the cause of your problems with clarity. Everyone who holds an open mind can do “The Work”.

Over the course of the event through “The Work”, a process of inquiry, we will experience the happiness of undoing stressful beliefs, and allowing our minds to return to their true, awakened, peaceful, and creative nature.

The workshop will be held from Thursday 8th of September 2016 to Sunday 11th of September 2016 and will be facilitated by Jehrin Alexandria.

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“Question
your thoughts
and change
the world”

Jehrin Alexandria has been doing “The Work” since 2005 and is a certified facilitator of “The Work” of Byron Katie since 2010. Jehrin has worked with clients with issues of death, suicide, murder, incest, abuse, unhappiness, alcoholism, family feuds, addictions and many other topics that cause stress, confusion and a sense of personal disconnection to life.



Jehrin Alexandria

Certified Facilitators have completed a minimum of 600 credit hours.

For a complete listing of Certified Facilitator, please visit

www.thework.com

