



# Mind~Body~Spirit Retreat for Women

## *Loving What Is: The Work of Byron Katie as facilitated by Jen Deraspe*

**Saturday, May 9, 9am through Sunday, May 10, 10am**

The Work is a simple, yet radical and life-changing process that involves questioning the thoughts that are causing you stress. "I should have more support...People should listen to me... There is something wrong with me ...I don't have enough time...People should respect me...I need more money...You shouldn't have left me..." Thoughts like these pass through our minds throughout the day, causing stress, anxiety, fear, anger, and depression.

Learn a simple way to clear the mind and move from fear to freedom, from anger to joy, and from confusion to clarity. Anyone with an open mind can do The Work, and in this experiential and reflective workshop, participants learn how to use The Work in areas of their lives causing pain, separation and stress.

You will have the opportunity to:

- learn to identify and question your stressful thinking
- consider and experience the opposite of your stressful thinking
- learn how to facilitate yourself and others using The Work's four questions and turnarounds
- take home a powerful tool that can help you live with clarity and integrity
- experience gentle yoga as a meditation in motion
- explore your inner and outer landscape on a guided, silent nature walk along a spring-fed mountain brook

**Retreat includes:** Shared eco-cabin stay, programming, tea and light refreshments. Cost \$120 per person. Participants are invited to bring a healthy vegetarian dish to share for Saturday night pot luck. Saturday lunch and Sunday breakfast is on your own. Simple cooking amenities are available in your cabin. For an additional \$40, you may extend your cabin stay on Friday or Sunday evening.

**To register:** Send full payment to: Nurture Through Nature, 77 Warren Rd, Denmark, Maine, 04022. Upon receipt, you will receive confirmation packet with directions and suggested packing list.

**About the Retreat Center:** In 2007, Nurture Through Nature green retreat center received state & federal recognition as a green lodging facility. NTN is committed to respecting the earth's resources & beauty through the use of solar-powered electricity, extensive composting and recycling efforts, use of renewable heating sources and earth-friendly cleaning products. At NTN you experience a green retreat and a simpler way of living.

### **Your facilitator:**

**Jen Deraspe, MS**, is an **Institute for The Work** trained **Facilitator of The Work of Byron Katie** and is founder and owner of **Nurture Through Nature**, providing mind~body~spirit retreats at her green retreat center in Denmark, Maine since 1999. For more info, go to [www.ntnretreats.com](http://www.ntnretreats.com) or [www.thework.com](http://www.thework.com). Or call at 207.452.2929.