



**WHAT:** An Inquiry & Yoga Retreat  
by Sharon Arnaud & Esana Lotfy  
featuring "The Work" of Byron Katie ([www.thework.com](http://www.thework.com))

**WHEN:** 7pm Thursday October 19th to Noon Sunday October 22nd

**WHERE:** Sir William Mackenzie Inn, 1011 Portage Road, Kirkfield

**HOW MUCH:** Program, Meals, Yoga & Accommodation: \$600-\$800  
depending on room & occupancy choice (HST addit.)

**TELL ME MORE:** "The Work" is a method of self-inquiry that cuts to the heart of stressful thinking, belief systems and conditioning. Sharon calls The Work the "How to the Now." Join us as we guide you through a process to unravel any stressful belief or block that's in the way of being your beautiful self. Give yourself the gift of unconditional freedom, no matter what has happened in your life. Surrounded by nature and nurturing, come renew & refresh with us. Be spoiled with delicious meals and share in the company of beautiful vibrant women. For extra pampering... Body & Energy Work Practitioners will be available for private appt.

For additional information & to register call Sharon at 289-264-5375  
And visit [www.sharethework.com](http://www.sharethework.com) for more information on this and other retreats