



NO MORE SECRETS
Free Yourself from Shame,
Self-hatred and Fear of Criticism

Facilitated by
Celeste Gabriele and Carol L. Skolnick
Certified Facilitators of
The Work of Byron Katie

One workshop, two dates and locations:

Saturday, July 26, 10:00 am—6:00 pm
Arlington, WA

Sunday, July 27, 10:00 am—6:00 pm
Seattle metro area, exact location to be announced

Cost: Either day: \$85 in advance; \$95 to register on-site.

What keeps you from being honest in your life? What don't you want people to know about you, and what does it cost you to dodge criticism, lie to yourself, and feel ashamed of who you are? Join Celeste and Carol for a day of getting real with ourselves and others.

Do you really want to know the truth? Through group, individual and dyad exercises and one-on-one facilitation of The Work of Byron Katie, you will uncover the beauty and innocence of your own being that you have kept secret, especially from yourself.

About Your Facilitators: Carol (clearlifesolutions.com) and Celeste (celestegabriele.com) were among the first professional facilitators of The Work of Byron Katie to be certified by the new Institute for The Work in 2007, and are mentors in the ITW certification program. Since 2001 and 1999 respectively, they have used this radically effective process of inquiry with hundreds of clients all over the world.

Space is limited, RSVP required: To register, call Celeste at 206-696-0070