



Family Constellations Workshop

NEW WORKSHOP ALERT!

Embark On A Profound Journey Of Self Discovery & Healing.

A transformative experience that delves deep into the dynamics of your family system to illuminate hidden patterns and facilitate emotional resolution. This innovative method was developed by Bert Hellinger, and has helped countless individuals gain insight into their relationships, behaviors, and life challenges.

Our facilitator Emma Hewitt, will guide you through this powerful process, helping you uncover hidden truths and find healing. Whether you're looking to resolve conflicts, improve relationships, or simply gain clarity, this workshop is for you.

This is an interactive workshops. The issue holders will focus on what they will like to resolve, then the rest of the participants, will step up and represent the family members, to help uncover where the blocks in the system are. Through a series of 'movements' the system comes more into balance, and movement and flow is returned.

This workshop is suitable for anyone seeking to deepen their self-awareness, resolve inner conflicts, and cultivate more fulfilling relationships. Whether you are grappling with long-standing family issues, seeking clarity on life decisions, or simply curious to explore the depths of your psyche, this workshop provides a unique opportunity for growth and transformation.

Divine Light Wellbeing Centre - Colgate - West Sussex

10th November, 2:00 PM to 6:30 PM - £ 35 per person

All Drinks and Snacks are Included

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www.DivineLightWellbeing.co.uk

Workshop Highlights:

- **Explore the Unseen:** Through guided constellations, you will uncover the invisible forces at play within your family system, shedding light on intergenerational dynamics and unconscious loyalties that may be shaping your life.
- **Heal Family Wounds:** By acknowledging and honoring the experiences of your ancestors, you can begin to release inherited trauma, break free from destructive patterns, and forge a path towards healing and wholeness.
- **Deepen Empathy and Understanding:** Through participating in others' constellations, you will develop a profound sense of empathy and interconnectedness, recognizing the universal themes that bind us all as human beings.
- **Receive Support and Guidance:** Our experienced facilitator will create a safe and nurturing space for exploration, offering insights, guidance, and compassionate support as you navigate your personal constellation.
- **Integrate Insights into Daily Life:** Learn practical tools and techniques to apply the wisdom gained from your constellation experience to your relationships, decision-making processes, and overall well-being.

Join us on this profound journey of healing and self-discovery, as you unravel the threads of your family history and step into a more empowered and authentic version of yourself. Embrace the transformative power of Family Constellations and embark on a path towards greater understanding, compassion, and personal freedom.

Hot and non-alcoholic drinks will be offered alongside some snacks and nibbles at no extra costs, during a break, where we will have an opportunity to share thoughts with likeminded individuals.



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