

Family Constellations Workshop

Date: March Sunday 19th April 2020 10am - 4pm

Venue: Norwich Wellbeing Centre

Cost: £65 per attendee

Facilitator: Hermione Brown - UKCP registered therapist and trained Family Constellations Facilitator

Family Constellations can be a great way of revealing what is blocking you from flourishing in your life. Whether you have issues with health, money, relationships, recurring patterns or anything else.

The workshop is a space to explore issues to gain a different perspective and healing. Family Constellations is a gentle yet powerful and profound way of gaining greater insight into the issues that affect our lives. Hidden dynamics and loyalties are revealed which often create repetitive patterns in families and can affect family members through many generations

When working with the issue holder I will have a brief conversation to find out what the issue is and how it affects your life. I may well ask about your family and any known traumas that have happened to past generations. We will then use other members of the group to create a constellation to gain insight into the issue.

Wear clothes that are comfortable to move around in, bring layers to keep warm eg slippers, blanket cushion to support your back when sitting. The happier your body is the easier it is to be fully present during a constellation.

Please attend the workshop with a willingness to explore your own issues and to also support others in exploring theirs as it's unlikely everyone will get to do their own constellation. The law of giving and receiving means that if you participate in another's constellation you will also likely receive a benefit or insight for yourself.

Prompt booking is recommended for two reasons:

Spaces are limited so may become fully booked

And also

The workshop will only run if there are sufficient attendees

Refreshments will be provided, but not lunch,

To book please contact me at info@hermionebrown.co.uk or 07990 812889