
– Family Constellations and Breath/Joy/Work workshop –

Have you looked at possibilities that maybe...

“You were born with potentials. You were born with goodness and trust. You were born with ideals and dreams. You were born with greatness. You were born with wings. You are not meant for crawling, so don’t. You have wings. Learn to use them and fly.”

– Rumi

Date: **Saturday 22nd February. 10am – 5pm**

Venue: **CCPE, Beauchamp Lodge, 2 Warwick Crescent, London, W2 6NE**

Cost: **£120**

Places are limited

Payments made to: Katarzyna Sikora

Sort code: 40-05-19 Account number: 51894471

For further information contact Kasia on 07506 986473.

kasiabreath@yahoo.co.uk

www.breatheandlive.co.uk

If you feel in any way uncomfortable or unhappy in your life, family, work, money, health or you want something new and don't know what, come and experience Family Constellations and Conscious Connected Breathing.

Family Constellations in many ways could be considered a healing technique, a process where people are guided to see, feel, heal, experience, love the hidden dynamics that operate/ed in the family. These hidden dynamics portray wounds, hurts, traumas, and unresolved conflicts we carry from the past into the present moment, knowingly or unknowingly. They may have happened not only in our own past but in our parents', grandparents', or even great grandparents' past. Epigenetic trauma – trans-generational trauma – can still have a grasp on us. These hurts and wounds are stored in family mind and/or body memory, thus influencing our behaviour and in turn every aspect of our life.

During this workshop we will look at the repeating patterns in our lives. We will explore the unseen, what we have unknowingly carried with us, and bring forth the reasons behind this, going back to its origins and handing back what's not ours to carry.

We can resolve certain things, start seeing them differently and open up to new options. We can open to the flow of safe love, always healing. It is in a group process where we can support each other, allowing invisible to become visible. It is a process of looking at our problems and challenges and see where they come from and understand why.

There are known and unknown factors influencing our lives. Problems have symptoms and behind symptoms are things, people, events, hiding and nagging us to be recognised and acknowledged. This workshop will be enriched by a conscious connected breathing session, which on its own is an amazingly simple, yet profound technique of changing, healing and embracing love. Living life to the fullest becomes a beautifully experienced destination.



“Maybe you are searching among the branches for what only appears in the roots.”

– Rumi

