

Family Constellation

This deeply healing workshop explores and uncovers how the limitations we experience with our health, finances and success in life may be inherited from the lives of our ancestors. Unconscious entanglements can develop between family members and ancestors and create unhealthy issues down the family lines. Through this workshop we heal and restore balance and a flow of love within a family.

Based on the work of Bert Hellinger, the process happens in a group format where the facilitator works with an issue by setting up representatives for the family entanglements and working with the dynamics that show up.

The workshop is designed to serve individuals desiring to seek resolutions of persistent life issues and/or limitations/patterns inherited in the family system.

Everyone who participates (and their families) stands to benefit from the work.

You can participate in two ways:

- 1) Have your constellation done (R1000.00)
- 2) Be a representative (R250)

If you have never experienced a constellation, I recommend coming as a representative first. Then you can do your own constellation thereafter.

To book or ask any further questions, email

Michelle@innervateyourself.com or call on 0723203823.

Michelle Wood, is a Family Constellation Facilitator. She is trained as Inner Life Skills Self Mastery Coach (Inner Life Skills Coaching International). Michelle runs Innervate and has spent the last 7 years intrinsically understanding, researching and training to uncover the

mystery of our inner landscape and find the most effective tools, skills and insights to create sustainable long term change that allows an individual to return to their true nature and live a life that flows intuitively.

Michelle combines her love for people, business and innovation together with her deep understanding of natural healing methods for a powerful combination of skills with a heart-based approach.

"Thank you for such great painstaking work! You are so detailed, patient and attentive; and I think that's what makes all the difference in this type of work. It was powerful! You made it so meaningful to everybody." Shoni

"Just want to say thank you for the amazing experience over the weekend." Ashley

Enjoy the opportunity to take your power back, release any burdens with your system that are holding you back and enjoy the gifts from your family!