

Family Constellations

evenings of transformation with
Ana Maria Cardoso, PhD.



Break free from **transgenerational entanglements** and destructive patterns.



- The Family Constellation was developed by Bert Hellinger, best-selling psychotherapy author and one of Europe's most innovative psychotherapists.
- It is a three-dimensional group process demonstrated to shift generations of suffering and unhappiness.
- It reveals transgenerational entanglements that cause so much suffering in our relationships, with depression, financial struggles, unexplained lack of motivation, debilitating addictions, illnesses, and more.

Doing a Constellation is a way to bring entanglements to light and to allow a resolution to happen. If you are finding some area of your life blocked, regardless of the personal growth work you've done, a Constellation may be the breakthrough you are looking for. **In one moment of insight, a new life course can be set in motion.** The results can be dramatic. Whether you are familiar with this work or not, I invite you to attend, participate, and experience this profound process.

**Join us on the First Thursday of every month 7pm to 9pm,
beginning August 6, for evenings of personal and group transformation.**

Complete Personal Family Constellation *with Reservation* \$150
Limited availability. Only one person per evening can be the central focus of a Constellation

Participant in the Family Constellation *with Reservation* \$10

Call or email Ana Maria to make reservations **(530) 329-4758**
cardoso.coaching@gmail.com

Ana Maria Cardoso, PhD., Coach, NLP and Family Constellation Practitioner
Professional office and session location: 471 South Auburn Street, Suite A, Grass Valley, CA



Results are possible for all with one Constellation. It is not necessary to continue trainings, and there is never an obligation.
I look forward to the possibility of working with you during the Thursday evening Family Constellation gatherings.

CardosoTransformationalCoaching.com