

# Family Constellations

*Afternoons of Transformation with  
Ana Maria Cardoso, Ph.D.*

**Break free from inherited emotional  
traumas and self-destructive patterns!**

**Family Constellations** is a three-dimensional group process demonstrated to shift generations of suffering and unhappiness. It reveals the transgenerational entanglements presented as destructive patterns that causes us so much suffering in different areas of our lives: relationships, depression, financial struggles, lack of

motivation, addictions, illness etc. **Family Constellations** allow us to break these patterns so that we can live healthier, happier, more fulfilled lives. 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 a moment of insight, a new life course can be set in motion.** The results can be dramatic.



Whether you are familiar or not with this work, you are welcome to come and participate, learn and experience a profound process that can help you and those working in the group process.

**Join us every first Saturday of the month from 1:30pm to 5:30pm  
for a transformational afternoon.**

To participate \$5, for a complete personal constellation \$150

**Location: Coco Ranch Workshops at 429 F Street, space #10 (upstairs), Davis, CA**

For reservation call or email Ana Maria (530) 329-4758  
[cardoso.coaching@gmail.com](mailto:cardoso.coaching@gmail.com).

Ana Maria Cardoso, PhD. is a Life Transformation Coach, NLP and Family Constellation Practitioner, helping clients to navigate toward a more engaging and compelling life.

[www.CardosoTransformationalCoaching.com](http://www.CardosoTransformationalCoaching.com)

