

Family Constellations

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

Family Constellations work frees us from generational trauma patterns. It reveals the generational 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. All of these



patterns live inside of us energetically. They affect us daily. Working with these patterns on a Spiritual and energetic level is the most effective medicine for shifting it, allowing us to 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.

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 second Saturday of the month from 1:30pm to 4:00pm for a transformational afternoon.

Location: 'Ohana Health at 757 Fir St, Paradise, CA

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

Call or email Ana Maria (530) 329-4758

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Ana Maria Cardoso, PhD. is a Life Transformation Coach, NLP and Family Constellation Practitioner, helping clients to move toward a more engaging and fulfilling life. www.CardosoTransformationalCoaching.com