



“If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of each of these people.” — Thich Nhat Hanh

Embracing your family soul



Nadia Kimmie, Family Constellations facilitator

- ♦ Feeling unsure as we approach the new season?
- ♦ Flooded by so many things that want to be expressed?
- ♦ Is stepping into your power, your full self scary?
- ♦ Perhaps you feeling the energy building, signalling the possibility of change, creativity and expansion but not quite sure how to relate to it?

Join us as we create sacred space, where we use Family Constellations to explore entanglements and old patterns and Yoga to assist the body to integrate the process.

Dates: Sunday 25 March; 29 April and 20 May

Time: 11am – 17.30pm (including lunch)

Venue: 9 Sunbird Close, Kommetjie

Investment: R750.00 and R500 if its your 2nd workshop with Rene and Nadia

To secure a space email nadiakimmie3@gmail.com or rene@seedtoflower.co.za



Rene Lambert, founding member of The Academy of Yoga and Ayurveda.

Families have an unconscious mind and soul that travel across generations and entangle those who follow in the fates of those who came before us. We are deeply bonded to family members we may not have even known or knew existed: a parent's deceased sibling; a grandmother's rage; a stillborn baby, miscarriage, or abortion; ancestors who were enslaved or enslaved others; a father's allies who died in wartime; our grandparents' previous partners; the ancestors who stayed in the home country; and many others.

Out of blind, loyal love, we unconsciously try to bring into light our ancestor's difficult fate(s). This bonding love may cause us to invite disease, suffering, depression, relationship struggles, and even suicide, into our lives in an unconscious attempt to restore balance to our family systems. The dynamics of this larger blueprint lies beyond our awareness, yet its effect on our lives is profound.