



Sacramento Yoga Center
2791 24th Street-Room 6

Sierra 2 Community Center

Park behind the building and enter through the back door. Yoga Center is located to the left of the back entrance.

Cost

\$125 to set a personal constellation

\$25 to attend and represent

Check or cash at the door or

[PayPal](#) on my Website

Services Page

www.barbaraeggenberger.com

To Register

Email:

beggenberger@comcast.net

Call: 916-201-9304

Systemic Constellation Workshop

Healing the Family Soul

Sacramento Yoga Center
Second Saturday of the month
9:00 a.m.— 1:30 p.m.

We all come to life through our parents who also come to life through their parents and on and on it goes backwards in time. When overwhelming difficulties befall a family, trauma occurs that creates a contraction in the flow of energy from one generation to the next. These contractions are called trans-generational trauma and until they are healed, they will continue to affect each generation through re-enactments or addictions or some form of dysfunction.

Systemic Constellation Work heals trans-generational trauma and frees the present members to live their own lives free of the fates of their ancestors. Not only is the present family freed up but the flow of energy between generations is also opened and empowers the present generation to live life more fully.

It may amaze you to realize how many of our current difficulties can be a result of unhealed family trauma from the past. Issues that have not responded to other forms of intervention often heal quickly after a constellation. Only you need to be present, not your whole family. They will receive the benefits without being present.

The work is done systemically at the soul level by using others to stand as people in your system. This is not role playing. Standing as a representative allows you to naturally and easily “experience” the unhealed thoughts and feelings of those you represent. When those feelings are accessed and communicated, a trained facilitator can bring them to resolution.

Representing is a powerful experience and alters your ideas about what is possible and how life works. It also increases your self contact and awareness of your natural flow. Everything gets easier and better when we are in our flow.



Barbara Eggenberger is a Certified Facilitator in Systemic Constellation Work and a licensed Marriage Family Therapist.