



# An Introduction to Constellations

with Gill Hall

This is a short course in constellations theory and practice. Over two days, I'll share the basic principles of constellations including setting up the field, holding space, movements of the soul, essential presence, sacred orders, healing sentences, boundaries and staying whole.

Together, we'll explore constellations with the family, relationships, the body and dream constellations. We'll use different constellations formats including working with objects, blind constellations, constellations for ourselves and working with a partner. Each session will start with a demonstration of these formats and will include practice in pairs and small groups.

At the end of the weekend, participants will be able to set up and facilitate personal constellations and constellations with another person. The course is suitable for those already working in the healing arts or who have previous experience of constellations, coaching, yoga or meditation. Please contact me if you are interested but don't have previous experience with healing.

When: November 26 & 27 2022 10.00-18.00

Where: Cambrian Community Centre, Grove Rd, Richmond TW10 6SN

Cost: Abundant £495 Making it work £295

Please get in touch to reserve your place, to find out more or to arrange a trial constellations session.

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