



## **RETURNING OUR GIFTS**

### A Seasonal Circle

Integrating Movement, Voice and Presence with Systemic Constellations

*Chepstow, S.Wales*

Date: 9<sup>th</sup> October 2015

Everyone has been born with unique gifts to offer the world, and the potential to find and return those gifts to others with ever-increasing love, maturity and contactfulness.

This circle provides a modern transformational journey and ongoing support for everyone who feels evoked to make changes in their life, and move in the direction of their heart's longings. The desired movement could be many things: an interior one ( to reclaim aspects of our potential, such as our power); vocational ( to move closer to our real work); or relational ( to heal or deepen our contact with an intimate partner, our family or friends).

Most of us feel held back by repetitive patterns, whose origins often lie beyond our awareness in hidden ties or loyalties to the past and our family systems from which we come. The constellating approach is a simple and powerful way of surfacing and freeing us from these invisible loyalties and dynamics, so that we can 're-author' our lives and truly embody more of our deeper purpose and potential in the present.

For more details on the approach, visit

[www.centreforsystemicconstellations.com/what-we-do.html](http://www.centreforsystemicconstellations.com/what-we-do.html)

The circle integrates systemic constellations with a range of other practices which ground us in our bodies, create a container of trust and safety, and support the unfolding of our potential and creative expression.

### **WORKSHOP LEADER**

**Edward Rowland** is a Director of both the Centre for Systemic Constellations, the UK training body for this work, and his own transformational leadership, coaching and therapy practice. A constellations practitioner for both family and organisational systems, he has over 15 years experience of leading workshops and groups and helping people find and unfold their unique potential and creativity. His route to this work included prior trainings and experience as a barrister, theatre actor / director and therapist working in private practice and various clinical settings.

### **PRICE:**

£45 (Early Bird, if booked by 1<sup>st</sup> July) or £55 full price

### **CONTACT:**

Anne Pettit on 07863 976 833 or email her on [gestaltcentrewales@gmail.com](mailto:gestaltcentrewales@gmail.com) to book a place.