

FAMILY CONSTELLATIONS

A Two-Day Experiential Workshop
Releasing Personal and Ancestral Burdens



Dates and Times

Saturday 28th and Sunday 29th March 2026
9 am to 5 pm each day

Location

East Coast Naturopathic Clinic
30 Damascus Drive, Bedford, NS

Fee

\$350

Early bird of \$300 due by 6th February 2026

Extra early bird of \$250 due by 6th February 2026
*When also participating in a private constellation on
Friday 20th March 2026 from 6:30 – 8:30 pm*

Payment by cash, cheque, credit card, etransfer
No refunds after 6th February 2026

To Register

East Coast Naturopathic Clinic
Phone: 902.252.3080
Email: eastcoastnaturopathic@gmail.com

WORKSHOP

We live in a web of interrelated forces, many of which influence us on an unconscious level. When there is an interruption or break in a strand in that web, we will feel a disharmony without knowing the source of that interruption to our well-being. Two sources of unconscious interruptions in our lives are unresolved issues, or entanglements, in our family systems and personal unresolved traumas, including inhibited grief and toxic shame, which may also be transmitted generationally.

Interruptions to life energy and love can be the unresolved issues of our ancestors, our parents, and unresolved personal traumas, including medical procedures, violence, neglect, that range from experiences in the womb, birth, early childhood and throughout life. Interruptions can manifest as relationship difficulties, addictions, depression, anxiety, illness, repeating patterns and financial concerns.

The Family Constellations process can be very helpful in revealing underlying and unconscious dynamics that are not accessible by other methods. It is a way of looking “outside the box.” The insights that often arise in this process can help resolve relationship issues, lead to new understandings, help unlock repetitive patterns, release a feeling of being stuck in life, empower participants to face the challenges that inevitably come in life, and assist in healing processes and personal growth. Another benefit is to lift the burden on our children who are the first to carry the pain of unresolved family issues. Taking part in the process can also bring compassion for, and understanding of, the situations of other people – an opportunity to “walk a mile in another person’s shoes.”

FACILITATOR



Jonathan Hooton has extensive professional training and experience in body-focused modalities including Family and Systemic Constellations, Somatic Experiencing trauma therapy, Integrative Body Psychotherapy (IBP), Pre- and Perinatal Development, Specialized Kinesiology, and Soul-Counseling. He facilitates frequent Family Constellations workshops, and teaches the principles and facilitation of Family Constellations, and healing, personal development and self-awareness classes using these modalities. He has a private practice seeing individuals, couples and families facing relationship, trauma, depression, anxiety, suicide, grief, life-purpose, disconnection and identity issues.

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