

# Health & Wellness

## A Systemic Constellation Workshop

**Saturday, April 14**

**10 a.m. – 6 p.m.**

North Seattle Community College  
9600 College Way North, Seattle, WA 98103

**\$150 individual, \$275 couple - \$125, \$230 if by 4/15**

**7 CEUs approved for Licensed Counselors,**



### *This workshop could help you...*

- Relieve long term emotional suffering caused by past physical trauma, illness or injury.
- Acknowledge and transcend physical, emotional or other limitations.
- Cultivate a deeper and more meaningful relationship with your human condition.
- Uncover and address invisible patterns that impact your life, health and well being.

**This Health and Wellness Workshop** is open to anyone interested in exploring the principles of good health, wellness and the flow of vital life energy in our lives.

**Systemic Constellations** help to reveal and resolve hidden systemic patterns, thus allowing us to create the life we desire. By using representatives from our participant circle, we give voice to the unseen entanglements that influence the way we connect to our Selves, to our dreams and to each other.

**About Systemic Constellations** Appealing to our innate human desire to live our lives in balance and harmony, this phenomenal methodology taps into the wisdom of the systems in which we live – our family systems, community systems, and organizational systems. The wisdom reveals and can transform the subtle energies, dynamics and patterns that either enhance or hinder our ability to thrive. The methodology is a facilitated process that explores life's complexities and skillfully transforms them so that the most harmonious outcomes may arise. Bring your life questions, issues, challenges and dreams to be explored.



### **About your Facilitator:**

**Mark A. Johnson** primarily trained in constellation work with Dietrich Weth of Frankfurt, Germany. He has also studied with many of the leading European trainers. Mark is a Licensed Marriage and Family Therapist in private practice in Seattle. The founder and director of the Seattle Constellations Institute, Mark has been teaching and facilitating this work throughout the U.S. since 2003, including facilitating constellations for tribal members of the Muckleshoot and Lakota Nations as well as for indigenous Maori in New Zealand.

**Visit: [SeattleConstellations.org](http://SeattleConstellations.org) to register**