

## Julia Duthie

*I have been using family constellations in my work since 2002. I facilitate workshops and one-to-one sessions for people from all walks of life who are wanting to experience more joy and fulfilment in their their lives.*



*I have seen the profound impact of ancestral issues on birth, parenting and daily life. I have a particular interest in using constellations as a form of birth preparation in order to reduce the burden of unresolved ancestral issues for the incoming child. I have spent many years working as a community midwife and as an independent midwife and I have observed many instances of long or difficult labours and births that appear related to the ancestral burdens that the mother, or even the father, are carrying. I also enjoy using constellations to help resolve issues resulting from one's own birth experience.*

*I trained in London, Devon & Bristol and now facilitate family constellations in both one-to-one and group settings in various locations around the South West.*

## Testimonials

*"Thank you for your care and guidance in the process of looking at our family relations with so much support and love around. We felt very safe and held in your presence."*

*"Thank you so much for the family constellation that you led for me the other day. The depth and safety of your support allowed me to move through and heal some very uncomfortable places in my ancestry. I feel so much lighter and freer now after that release. Thank you again."*

*"I wanted to thank you for your beautiful loving generous work with me. It was very, very meaningful for me and continues to unfold within me. I have just returned from a miraculous visit with my mother, feeling truly open-hearted toward her, and not afraid of her or hostile toward her for the first time in my life."*

*"Thought it was high time I got in contact with you again to let you know how I am. The family constellation session was really powerful and has continued to resonate really strongly with me, awaking so many thoughts and feelings – illuminating, positive and constructive ones, on the whole. I can't thank you enough for organising it."*



## Family Constellation Workshop

**Saturday & Sunday  
25<sup>th</sup> & 26<sup>th</sup> June 2016**

**9.30am – 5.30pm**

**Bogan House  
Totnes**

**Facilitated by  
Julia Duthie**

# Family Constellation Workshop

Issues that we are currently facing in our daily lives may have their origins not in our personal history, but in that of our ancestors. A family constellation gives an opportunity for the source of the issue to be revealed and for it to be resolved within the constellation. This process frees us from being governed by unconscious loyalty to our ancestors, so that we can live our lives to the full.

When you were a baby you took on family beliefs in order to have a sense of belonging. These beliefs are often unconscious and can prevent you from truly being free to live your own life. They may stem from traumatic events in the lives of your parents, grandparents or even earlier ancestors, which were not fully accepted or resolved at the time. I can help you to bring healing to these beliefs so that love can flow freely between your family members.

In your session you choose an issue to work on, using members of the group to represent members of your family. The issue may relate to family, personal relationships, work, illness etc.

I expect to do 3 or 4 constellations each day. Everyone will have opportunities to be a representative.

## Workshop details

Dates: Saturday & Sunday  
25<sup>th</sup> & 26<sup>th</sup> June 2016

Times: 9.30am – 5.30pm

Venue: Bogan House,  
43 High Street,  
Totnes, TQ9 5NP

Cost: £120 including own constellation  
£60 to represent only

Drinks will be provided.

There are places to eat nearby, or you may wish to bring a packed lunch.



## Booking information

To secure a place please fill in the form below and send it with a deposit of £40 or full payment to:

Julia Duthie, 18 Crossways, Cornwood,  
Ivybridge, Devon, PL21 9QW  
Cheques payable to Julia Duthie

For further information, bank details for payment or to join my mailing list:

Phone: 01752 837706 / 07967 180879  
Email: juliaduthie@gmail.com

[www.FamilyConstellationsSouthWest.co.uk](http://www.FamilyConstellationsSouthWest.co.uk)  
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## Booking form

I wish to attend the Family Constellation Workshop on Saturday & Sunday 25<sup>th</sup> & 26<sup>th</sup> June 2016 in Totnes.

£ \_\_\_\_ cheque enclosed  
(payable to Julia Duthie)

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Tel \_\_\_\_\_

Email \_\_\_\_\_