

# Ancestral Connections

## Embodying Life

Ancestral Connections invites you to rest into the innate wisdom of your intelligent body through movement, dance, family and systems constellations.

Expressive Movement encourages a holistic relationship to your physical, emotional, mental and spiritual bodies and supports a deeper embodied listening in the constellation field. In this workshop we move, constellate and connect with our ancestral lineages, with our non-family ancestors, and with life itself. This collaboration offers a healing and strengthening safe space that takes you out of the analysis and intellectual rumination of the past and into an embodied and ceremonial connection with the here and now. We discover and deepen our experience that relationship is primary: relationship with our roots, relationship with our bodies, to life and to ourselves.

### What to expect

- Deep healing and learning from experience to understanding, from the body to thought
- Guiding into authentic movement and visualisation to enable deeper embodied listening
- Uplifting, life giving music and movement
- Language will be English, movement and music!

### Details:

Dates:  
Time  
Investment  
Venue:

### Who this is for

- This workshop is for both the lay person and professional wanting to develop and further their relationship with their physical body, and finding embodied ways to resource themselves
- It appeals to those who are interested in exploring their interconnected relationship with themselves, their families and loved ones, humanity and the land.

### To Book:

Email  
[sian@expressivemovement.co.za](mailto:sian@expressivemovement.co.za)  
or book online at  
[www.africanconstellations.co.za](http://www.africanconstellations.co.za)  
Please bring a light lunch



Tanja Meyburgh is a registered psychologist, and an internationally renowned systems constellations facilitator and trainer. She has been immersed in family and systems constellations work since 2003 through her practice, training facilitators in South Africa and writing about her experiences. What excites her about constellations is the possibility to engage the head, heart and body in the healing process, as well as the bridge that it offers between ancient and indigenous ways of healing and modern concepts of psychology, epigenetics and neuroscience.  
[www.africanconstellations.co.za](http://www.africanconstellations.co.za)



Sian Palmer is the founder of Expressive Movement South Africa. Sian currently practices in South Africa as a registered Drama and Movement Therapist and Family Constellations Facilitator. Since her return from her MA in 2009, Sian has worked nationally in both training and therapy spaces. With her area of expertise firmly established in embodied practice, Sian is passionate about dance as an accessible holistic healing and meditation practice.  
[www.expressivemovement.co.za](http://www.expressivemovement.co.za)

To book email [admin@tanjameyburgh.co.za](mailto:admin@tanjameyburgh.co.za)