



# The Blessing Way

MEDITATION, BREATHWORK AND ARTWORK

## Join our Inner Arts Institute's Learning Community for an immersion in Family Constellations

We walk differently when we feel connected to those who walked before us.

We stand taller when we have received our ancestors' blessings.

We find freedom when we understand what burdens are theirs and not ours to carry

Join in community to explore the wisdom and struggles inherent in our family systems. What you receive as strength and pain, love and sorrow, is an inheritance that you can sort through carefully in this peaceful setting so that you don't carry it with you and forward to the next generation.



CEREMONY AND WALKS IN THE WOODS

SAUNAS AND STARGAZING



*This retreat is open to all Inner Arts Institute alumni. It is also open to all new explorers who are interested in joining our 2018 -19 Constellation's Learning Circle.*

**When: October 28-30, 2018**

**Where: Sirius Community**

**72 Baker Road, Shutesbury, MA 01072**

**Who: Samvedam Randles, LMHC, Dipl. Psy.**

**Cost: \$350.00 + Room and Board**

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