

**FORUM**  
**for heartfelt knowledge and change**

**May 10-12, 2019 in Stockholm**

**with Sarah Peyton**

- author of *Your Resonant Self:*

*Guided Meditations and Exercises to Restore Your Brain's Capacity for Healing*

**Relational Neuroscience**

**– interactive lecture Friday May 10, 6 pm-9 pm**

Join neuroscience author and international speaker Sarah Peyton for an intriguing evening of exploration of the ways our brains support us and limit us in our everyday relationships, without us even knowing it is happening.

Without knowing it, we all have relationships with others that are patterned by our brains. We are in a constant, unconscious relationship with our own brains and bodies. Our brains and bodies decide how we will respond to ourselves and others, who is important, what is worth our time, and how we're going to make our way through this life, without really consulting us. It is not until we begin to see the influence of these neurobiological patterns on our lives that we can begin to have the choice, ease and fluidity that we long for.

Humans are made for relationship. Paradoxically, relationships with other humans have often been disappointing, frightening or even heartbreak. There are many ways that we insulate ourselves from connecting with others without even knowing it. For example, it is easy for our brains to decide never to trust other humans again. However, the more we can allow warm accompaniment, the better off we are on every level, including our immune system and our sense of meaning in life. So it is important that we take a look at our patterns, and decide which of them we want, and which patterns are no longer serving us.



**About Sarah Peyton:**

Sarah Peyton is an international constellations facilitator, Certified Trainer of Nonviolent Communication and neuroscience educator. She integrates constellations, brain science and the use of resonant language to heal trauma. She teaches and lectures internationally, is a regular contributor to The Knowing Field International Constellations Journal, was the author of a chapter for Stephan Hausner's book "Salutogene Aufstellungen", is an annual guest speaker and teacher at the Bernried Intensive in Southern Germany and is the author of the book "Your Resonant Self: Guided Meditations and Exercises to Engage Your Brain's Capacity for Healing," published by W.W. Norton.

## Workshop May 11-12 Relational Neuroscience and Systemic Constellation Work

Join Sarah Peyton the convergence of what we are learning about relationships and the brain, and how we can use resonant language and family constellations to create pathways for healing and well-being.

### Through this workshop, you will:

- **Discover** the surprise and added power of an understanding of neurobiology in constellations
- **Reclaim** the original foundations of self-warmth
- **Awaken** and follow the wisdom of the body
- **Understand** the neuroscience of relational connection
- **Deepen** connection with past generations for constant, on-going support
- **Change** your brain with powerful guided meditations
- **Gain** practical tools for personal or professional healing

### For whom is this workshop?

Whether you are a complete beginner or an advanced practitioner of family constellations, this workshop will support and enliven your journey. You will have many opportunities to participate in and receive constellation work and to practice resonant language. There will be several full-length constellation experiences, with recipients chosen by lottery. Those looking for personal healing, as well as those who work in healing professions, are welcome.

### Seminar hours:

Saturday 10.00 am – 6 pm, Sunday 9.30 am – 4.30 pm

### Venue:

Central Stockholm

### Price for Evening lecture and Workshop:

SEK 4500 + VAT 1125 (SEK 5625)

**Early-Bird** until March 1:

SEK 4000 + VAT 1000 (SEK 5000)

### Price for Evening lecture only:

SEK 400 + VAT 100 (SEK 500)

All fees payable in SEK (VAT omitted only for EU-participants with a local VAT number)

### Cancellation:

- 35% of the fee is non-refundable, whatever the reason for cancellation.
- Up to one month before the event 65% of the fee will be refunded.
- For cancellations made between 2-4 weeks of the event 50% of the fee will be refunded.
- For cancellations made 2 weeks before the event or less, no refund will be given, whatever the reason

### Application to:

Charlotte Palmgren, [info@svenskahellingerinstitutet.se](mailto:info@svenskahellingerinstitutet.se) together with complete invoicing address

Welcome to three exciting and inspiring days!

**Charlotte Palmgren**

Director

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