

UNTIE THE KNOTS OF YOUR ANCESTORS

Explore the Influence of Your Ancestors and Heal the Transgenerational Web of Life!

A workshop to recognize the “gifts” (both painful and empowering) you have inherited, and untie the knots that bind you, freeing you to heal yourself, your family, and future generations.

We are all connected through an invisible web of life – a network formed by our ancestors and the generations that have come before us. In this workshop, we will dive deep into the ancestral web, uncovering the knots that were created by trauma, pain, tragedies and unfinished business passed down through the generations. This workshop is designed for anyone who wants to understand the deep influence of their ancestors on their current life. Whether you're dealing with family patterns, emotional blocks, or simply wish to honor your lineage, this workshop will offer tools and insights for transformation.

We will invite participants into altered states of consciousness to open up a bridge and connect with the dimensions where the energy of our lineage and past lives reside.

What we will explore

- **The Web of Life:** We are a part of a network of lines that have crossed and intertwined. These lines were once free-flowing, but trauma created knots that block the flow of energy.
- **Repeating Family Stories:** Often, we find ourselves repeating stories or patterns from past generations. These may not be our own, but they live on within us. By recognizing these inherited wounds and emotional patterns, we can begin to untie the knots and free ourselves from their grip.
- **Transgenerational Healing:** We often encounter difficulties that seem disconnected from us personally. However, these challenges are often part of the transgenerational trauma passed down through our ancestors.
- **Restore The Balance of Giving and Receiving:** Our ancestors gave us life, but they also handed down their fears, traumas, and struggles. Healing means acknowledging their legacy, stories and gifts they passed down to you and restoring balance. It's about reclaiming the gift of life, allowing ourselves to feel what our ancestors could not. We give back by exploring the joy of honoring the ones you never knew as well as the ones who shaped you and your family history.
- **Reclaim your power:** This workshop is an invitation to release the weight of unresolved family tragedies and step into a space where healing can occur. By facing the past and honoring those who came before you, you can create a new path forward for yourself and the generations to come.

When: October 31st – November 2nd, 2025 (Friday 16:00 – 20:00 / Saturday & Sunday: 10:00 – 18:00)

Location: Seminarhaus AHOM - Mühldorfgasse 8 A, 3001 Mauerbach, Vienna, Austria (www.seminarhaus-ahom.at)

Fee: Early Bird (until September 19th): 500€ / Standard (after September 20th): 550 €

Cancellation Fee: 20 days prior: 50% / 10 days prior: 100%

For Core Energetics Professional Training Students

Completion of this workshop counts as 3 hours toward your professional training requirement.



Your Hosts Daniela Zambrana and Gyasi Bramos Hantman

Daniela and Gyasi are experienced Core Energetics Therapists and teachers who are passionate about combining Core Energetics with altered states of consciousness and inspiring and empowering individuals on their journey toward personal growth and self-discovery.

FOR MORE DETAILS AND TO REGISTER, PLEASE CONTACT DANIELA:

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