

It didn't start with you... but it can end with you

BREAK THE CYCLE of Inherited Family Trauma

a workshop with
MARK WOLYNN

San Diego

Saturday, January 20th

Sunday, January 21st

Marina Village

10 am-6 pm | \$350

Unconsciously, we relive our mother's anxiety. We repeat our father's disappointments. We replicate the failed relationships of our parents and grandparents. Just as we inherit our eye color and blood type, we also inherit the residue from traumatic events that have taken place in our family. Illness, depression, anxiety, unhappy relationships and financial challenges can all be forms of this unconscious inheritance.

In this workshop, you'll learn how to break biologically inherited patterns through family constellations and healing practices based in neuroscience so you can live a healthier, happier, more fulfilled life.

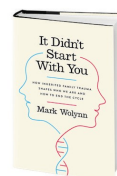


Mark Wolynn, author of *It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* (Viking 2016), and director of The Family Constellation Institute in San Francisco, is a leading expert in the field of inherited family trauma.

"Mark is especially skilled at pinpointing the source of an issue with laser sharp clarity"
~ Laura Taylor, MFT

"I made more progress in one weekend, than I did in 16 years of therapy"
~ Robert Traeger

"Mark has the extraordinary gift to see what needs to be seen for deep healing to begin"
~ Gemma Stone, Psychologist



FOR MORE INFORMATION AND TO REGISTER:

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or register online:

www.markwolynn.com