

FAMILY CONSTELLATIONS

Family Constellation Level 1 Course
Starts 28th November 2026

Facilitated by Livia Kojo Alour

"We embody belonging
when we connect to our soul"



Facilitator Training & Personal Healing Journey

This unique programme explores trans-generational family life, grounding participants in both the principles and practice of Systemic Family Constellations. It brings together an integrated approach rooted in Western systemic frameworks, while also acknowledging and drawing inspiration from more intuitively led Indigenous practices.

The Western systemic constellations method was originally developed by Bert Hellinger in Germany, following his time in South Africa where he lived and worked as a Catholic priest and missionary. During this period, he was deeply influenced by African traditions, which contributed to shaping the development of a Western therapeutic model.

This programme honours and expands that lineage by integrating global perspectives, offering a wider lens on health, emotional wellbeing, and the role of generational energies (loyalties) and ancestors within family and trans-generational systems.

Rooted in Livia's work as a constellator and mentor, of African heritage living in the diaspora, this training draws on traditional teachings, inner knowing and lived experience.

Her work and teachings continue to explore spiritual, embodied, and culturally connected approaches, ways of working that honour the land, lineage, and traditions she is rooted in, as well as the practices she has studied throughout her journey in India and beyond.



Your Learning Journey Includes:

Family Constellations, core principles in theory and practice

Facilitation skills, Ethical frameworks

Genogram interpretation

Exploration of ancestral perspectives

Personal healing practices and rituals

Systemic coaching approaches

The chakra system used with FC

Pendulum workshop

Grief ritual



Session 1

**Theory Lesson 1:
Introduction to Systemic Family Constellations**

Session 2

Observing an Online Family Constellation Session

Session 3

**Small Constellation Practice w. Felt or Paper
Theory Lesson 2:
The Orders of Love
The Mother Wound**

Session 4

**Constellations Live & Zoom
Theory Lesson 3:
The Father wound**

Session 5

Constellations Live & Zoom (recording)

Session 6

**Genogram
Pendulum workshop
Q&A**

Session 7

**Individual 1:1 Sessions
Mini - Constellation on Grief / Body
Constellation+ Practice**

Session 8

Participating or Observing an Online Family Constellation

Session 9

**Theory Lesson 5:
Uncovering dynamics, hidden loyalties & entanglements within a constellation
Confrontational movements
Healing movements
Healing Sentences**

Session 10

**Theory Lesson 6:
The Core Language
Facilitation skill set**

Session 11

Participating in an Online Family Constellation Session

Session 12

Deepening Facilitation Skills, Q&A

Session 13

Training day with guest clients

Session 14

**Q&A
Certification**

Who is this for?

This course is designed for those at a beginner to intermediate level, this training supports both personal and professional development

This course is intended to:

Support participants in gaining insights into their own healing journey
Support participants in taking their first steps towards facilitating
Offer mentorship for those developing their own facilitation practice
Support practitioners who wish to integrate systemic and ancestral perspectives into their existing work

What's Included:

Online group sessions

1:1 mentorship support

Dedicated WhatsApp group for ongoing connection

Opportunities to observe and participate in public constellation sessions

Course Manual

Convenient Fully Online programme

Option of meeting in person if this is something the student wishes. United Kingdom - London, India - Various Locations, Portugal tba. Please get in touch to discuss.



SONIC RESET
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LIVIA KOJO ALOUR

TIMINGS:

ALL TIME ARE UK TIMES

SATURDAYS

WORKSHOP STARTS USUALLY AT 11AM
ON ZOOM

SESSIONS WILL RUN FOR 3 HOURS,
INCLUDING A BREAK

SOME ALTERNATIVE DATES WILL BE OFFERED
DURING THE COURSE TO REPEAT MISSED
PRACTICES





Investment

SUPER EARLY BIRD – £900
until 30th September

EARLY BIRD – £1,100
until 31st October

FULL PRICE £1,300
from 1. November

Payment plans available.
Please get in touch

SONIC RESET
X
LIVIA KOJO ALOUR

@livia sonic reset
liviakojoalour@gmail.com
www.sonicreset.yoga
+44 (0)7511905345
+91 9897436526

