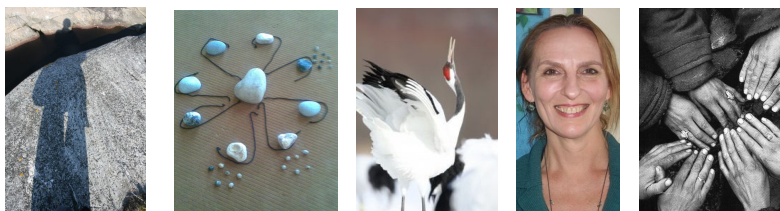


# Migration

An adventure that demands a lot of us!



creativity - strength - connection - courage - empathy - fun

Healing Migration and Celebrating Life

Healing and empowering rituals

Join us on Saturday, 12 October 2013

**In this workshop we will use constellations, rituals, music, dance and silence to heal the wounds of the migration process and celebrate life. Experience the connection with people from all corners of the world who will enrich the healing field, one by one.**

**Migration** is a complex process between leaving, landing, arriving, and truly arriving or never truly arriving. Returning or staying to then move on again? No matter what happens, migration is a process that runs deep and demands a lot of us and of others. Whether we like it or not, we have to face up to it - to ourselves, to those who stayed behind, our culture and our country of origin. But also to the new people we meet, the new culture and new society. Migration is a challenge for everyone involved. It offers opportunities but also leaves its mark, which can sometimes be painful. When abroad, we rediscover ourselves and we question what we once took for granted. That can shake us up considerably, and yet that is precisely a great opportunity for personal and collective growth.

This workshop is dedicated to the healing of the migration process and **the celebration of life** - celebrating being alive and being together. We do this with music, constellations, rituals, dance and silence. Experience the connection with people from all corners of the world who will enrich the healing field with their unique experiences, one by one. Everyone is welcome!

## Practical information:

To register, contact Ingela Wolf Sjögren at [info@wavemens.com](mailto:info@wavemens.com) or on +31 (0) 6 51 78 16 68.

Date: **Saturday, 12 October 2013.**

Time: **10:00 am until 5:30 pm.**

Entrance fee: 20 euros (room and organic food) + voluntary contribution for the facilitator.

Languages: the language of the heart, Dutch and English

Location: Op Hodenpijl, Rijksweg 20-22, 2636 AX Schipluiden (ten minutes by bus from Delft Central railway station, the bus stops in front of the entrance); [www.ophodenpijl.nl](http://www.ophodenpijl.nl).

We warmly welcome you  
Ingela Wolf Sjögren

In collaboration with WinWide  
[www.winwide.nl](http://www.winwide.nl)