



FACILITATOR TRAINING

COLLABORATING WITH THE
ANCESTRAL FIELD TO HEAL
BELONGING, IDENTITY AND PURPOSE
THROUGH FAMILY AND SYSTEMS
CONSTELLATIONS.

ONLINE

DECEMBER 2026 - 2028

A FOUNDATION TRAINING IN THE ORDERS OF LOVE

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THE INVITATION

Every soul has a purpose. In our bones, an intergenerational archive. It speaks through vibration, image and metaphor. In collaboration with our ancestors and relational family, our healing becomes a gift to life. Through which we access our unique expression in service of people, planet and the greater family soul.

This training will appeal to participants who want to apply relational practices in grassroots communities, sustainability practices, life-supporting businesses or transformative future leadership pathways. To graduate in this training, participants will need to submit a portfolio sharing how you are applying the orders of love to either manifest a new project that aligns with your purpose or to transform an existing project, business or community initiative that supports life on earth.

You do not have to know your project yet. Your life is the ultimate project, so we start our process with your personal journey. Then supportively move through subconscious loyalties, entanglements, blocks or inherited patterns that may be limiting the full expression of your purpose.

There are no waves without the ocean - Bert Hellinger



FLOW

Steeped in a framework of indigenous knowledge from my own lineages, working with creative, ancient and contemporary ancestral healing practices.

This foundational training in Family and Systems Constellations is an embodied, experiential journey of practice. Over the course of our time together, we will expand our sensory awareness, heal repetitive ancestral patterns, and develop rituals that honour each person's unique ancestral body.

This Foundational training is rooted in Classic Family Constellations as developed by Bert Hellinger. With an introduction to ancestral practice through dreamwork, ritual and the elements. Although online, it is an embodied and practical training experience in the 'Orders of Love', systemic principles and relational practices.



STYLE OF TRAINING

We will collaborate with the ancestral field. Working with what emerges, as it arises, in our group. We will activate the training modules through our practices, hereby allowing the modules to unfold at the appropriate time in a way that can be integrated in our relational group/body.

If you have questions or would like to set up a consultation call please email nicole@naluthando.co.za

If you feel ready, complete the participation request form by clicking the link below. I will reply by email to set-up an intake interview.

[APPLICATION FORM](#)

STRUCTURE

NALU THANDO

ONLINE / 2x monthly Wednesday group sessions

Starts 2nd December & 16th December 2026 / 6pm - 9:30pm (SAST)

Payment Options:

- R2200/month if paying monthly = R 26 400/year.
With R1 100 non-refundable deposit to confirm your place, deductible from the 1st month payment.
- Upfront annual payments = R22,000 per year
(+/- R1800 per month)
- 50% annual deposit + 6 monthly payments =
R 24,000 per year (R10k + R2000 x 6 months)

Requirements to participate:

- You do not need to know your ancestors.
- You must have experienced at least 1 personal constellation process
- You have a field of practice in which you wish to apply the orders of love or systemic work.
- A complete application form
- An online intake interview



Requirements to graduate:

- Attendance at 2x monthly training group sessions of 3.5hrs each
- A record of participation at any other constellations training circles online or offline can be added to your portfolio.
- 25 hours of peer group practice.
- 5x Days or 40hrs of In-person group experience.
- 2x supervision sessions with associate supervisors. A list will be provided.
- A portfolio of work sharing how you apply the systemic orders of love within an existing project, community initiative or how you have manifested a project or business concept that aligns with your purpose.

Guest Trainers and Contributors will be brought in according to the group needs, and subject speciality required. Attendance at guest contributor workshops contributes to your participation record for portfolio purposes.

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DATES TO KNOW

This is the rhythm for flow in our training circles, taking us into mid-2027. Once our group is cohesive we will establish the next cycles together.

YEAR 1

2x monthly Wednesday group sessions

6pm - 9:30pm South African time (SAST)

YEAR 2

1x monthly Wednesday group sessions

Peer Group practice session

2026

2 December

16 December 2026

2027

13 January, 27 January

10 February, 24 February

10 March, 24 March

7 April, 21 April

5 May, 19 May

GRADUATION

Friday 1 December 2028

Participation in training circles is essential. Training circles will not be recorded. A lot of life will happen in our time together. If you can see you are going to miss a circle, or run late please notify the whole group so we can prepare to support you. Participants who miss circles need to arrange catch-up sessions with peers. Should a 1:1 be required with me, a booking at my standard consultation fee, must be made before the next training circle. Participants who miss 3 consecutive sessions will be removed from the training.

YOUR FACILITATOR

Vocational Training, Lineages & Experience



I am a medicine woman and story keeper at heart, with a background in Communications and Executive management. A Heritage & Cultural Tour Guide, graduate of African Constellations and the dreamweaver of the [Beauty School in McGregor](#).

Born in Cape Town, South Africa, I represent a genetically complex, culturally rich heritage with over 195 lineages. In my own lineages I come from Bushman, Khoena, Indonesian and Sri Lankan people. Zulu, French Huguenot, English, Dutch and West African people. I come from so many, and yet there have been times in my life when it has felt like I belong to none. My body is home to so many, as is the place of my birth. Which also happens to be home to the ancestors of all ancestors. Layered themes of reconciling, repairing and making place for all my people shapes my work.

I have 25+ years of experience in the Communications industry weaving a mix of storytelling, systems thinking and change communications. I have been a Managing Director of a Communications agency leading diverse teams through complex sub-Saharan challenges. Working with commercial giants in the financial services sector and developing campaigns for public health brands. Campaigns that involved extensive community mobilisation, media and communications strategies to impact behaviour change related to HIV/Aids prevention and gender-based violence. This work initiated my journey into the ancestral field, relational systems and intergenerational healing.

Recently, I have been collaborating with the field to surface a project, now called Beauty School. Through dreams, divinations, rituals and embodied healing technologies, like Family Systems Constellations, West and Southern African ancestral medicine practices, I have been listening deeply. Tracking and recording signs, stories and synchronicities in order to open the field for the emergence of what we now call Beauty School. With a taproot in women's herbal traditions this empowerment program trains women in the healing arts and how to run a beauty business that is in respectful collaboration with our natural relations, the elements, ancestors and our community.

In my practice, Nalu Thando, I offer pilgrimage, retreats and processes for individuals, groups and organisations through consultation, family and systems constellations workshops and mentorship. I have worked with non-profit organisations, sustainability projects and public health campaigns. I am a registered member of the International Systems Constellations Association (ISCA) and the Systems Constellations Association of Southern Africa (SCASA).

Contact

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Please text me before calling.

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Upcoming In-person Circles

IMMERSION MCGREGOR

An in-person immersion with wonderful local and international guest collaborators is currently in development. Participants of this training will be first in line to receive info, places and opportunities related to the immersion.

A WALK FOR BEAUTY

A pilgrimage with the Beauty School in McGregor. Walking within heritage, land and medicine. Gatherings of dream circles, heritage stories, family and systems constellations.



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