

FLOW

An introduction to
ancestral practice through
Dreamwork, Ritual, Family
& Systems Constellations.

6 months

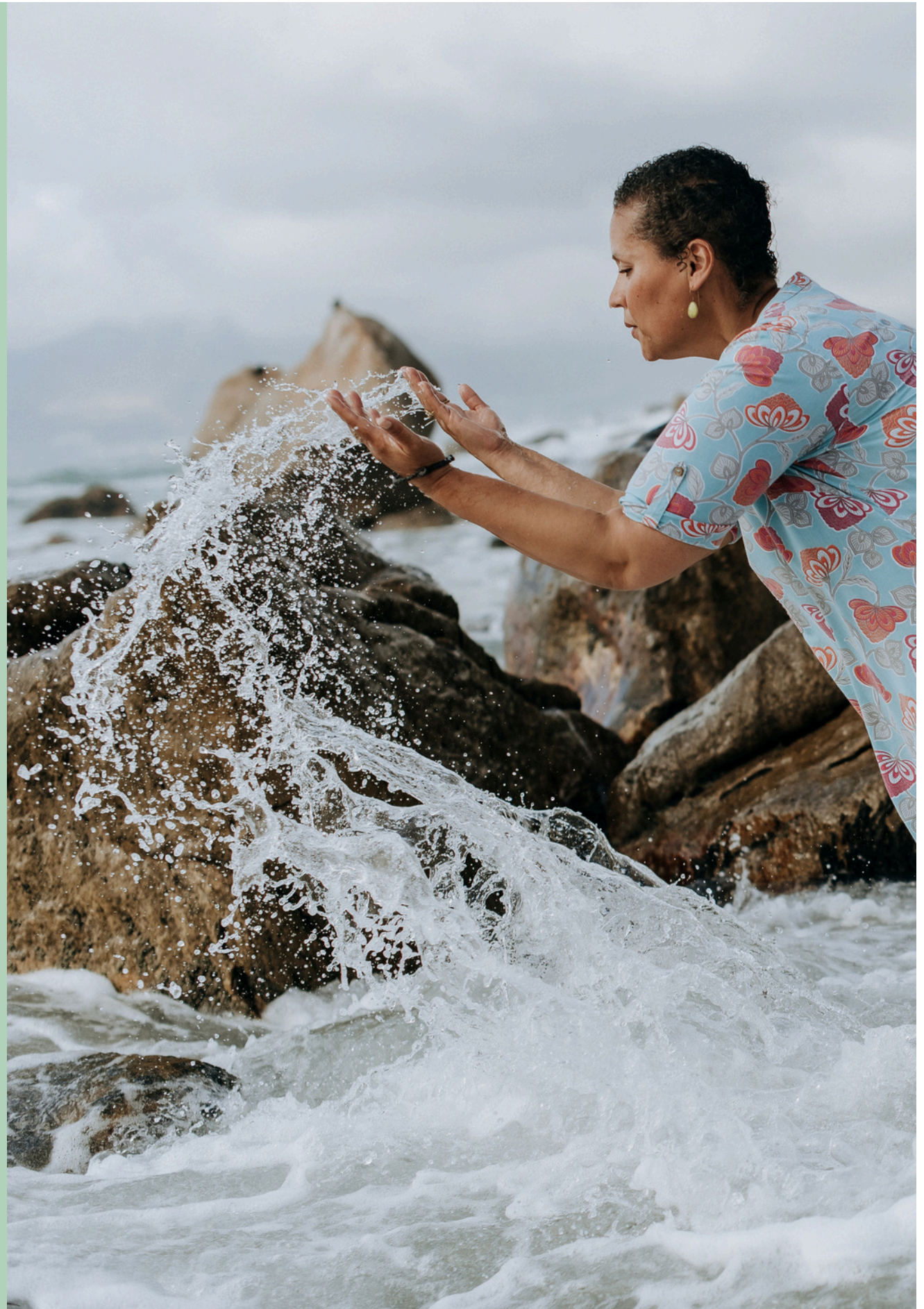
Circle opens: Saturday 25 April

Circle closes: Saturday 26 September

2 x group sessions per month:

1 in-person Saturday in McGregor

1x 3hr online session on the Thursday
thereafter from 6pm - 9pm



An introduction to ancestral practice through dreamwork, ritual and family systems constellations. Steeped in a framework of indigenous knowledge from my own lineage, the plants of our landscape, working with creative, ancient and contemporary ancestral healing practices, this 6 month program flows from Saturday 25 April - Saturday 26 September 2026. This is an embodied, experiential journey of practice. Over the course of our time together, we will expand our sensory awareness, heal repetitive ancestral patterns, learn the language of our respective lineages and develop rituals that honour each person's unique ancestral body.

No experience is required to participate in this program.

You do not need to know your ancestors.

Monthly contribution: R1800 - R2600

Those who can pay more please offer. Those who can't please say.
Please let me know if you require sponsorship support on application.

Email nicole@naluthando.co.za for an application form.

Applications close on either Saturday 18 April or when all places are filled.

FLOW

Our classrooms:
The Breede River Valley.
Riviersonderend Mountains. The Bushmanskloof.
The Gobos, Breede and Konings rivers.
The Lunar room, McGregor Wisdom School.

WE FLOW ON THE DATES BELOW:

Saturday 25 April 9 - 4pm

5pm Heritage Story Circle & Walk with the village folks.

Thursday 6pm - 9pm

Saturday 30 May 9 - 4pm

Thursday 4 June 6pm - 9pm

Saturday 27 June 9 - 4pm

Thursday 2 July 6pm - 9pm

Saturday 25 July 9 - 4pm

Thursday 30 July 6pm - 9pm

Saturday 29 August 9 - 4pm

Thursday 3 September 6pm - 9pm

Wednesday 23 - Monday 27

September: A Walk for Beauty

Pilgrimage

Saturday 26th September 9 - 4pm

Thursday 1 October 6pm - 9pm



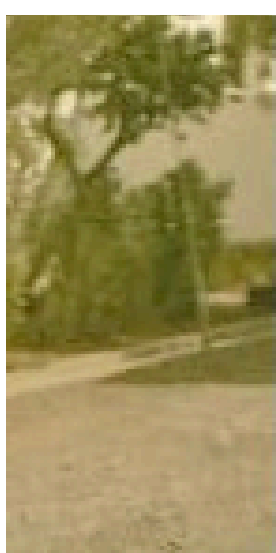
PLEASE NOTE

In-person attendance at Saturday circles is essential.

I will send information about affordable and/or sponsored accommodations, transport and other useful logistics to approved participants so that you can plan.

Participants in the Flow program may join heritage story circles for a donation and participate in 'A Walk for Beauty' Pilgrimage for 50% of the contribution fee.

For more about Constellations work, please visit the blog on my website www.naluthando.co.za





Nicole Klassen

Community worker, Healer & Facilitator.

Dreamweaver of the Beauty School, McGregor

Born in Cape Town, South Africa, I represent a rich, cultural heritage referred these days as Camissa Africans. We are genetically complex peoples collectively representing over 195 lineages including our indigenous Khoena lineages. Reconciling and giving a place to all my ancestors in my heart shapes my life's work. Rooted in this land, I am humbled to be called to the sacred vocation of healing belonging, identity and purpose.

I live with my beloved dog, Rosemary, in the rural village of McGregor in the Cape's Breede Valley. Where I offer pilgrimage, retreats and processes for individuals, groups and organisations through 1-on-1 consultation, family constellations, workshops and mentorship. My work is guided by nature, dreams, creative arts, family systems constellations and ancestral practice.

I have a background in Communications and executive management. I am a certified Heritage & Cultural Tour Guide, a graduate of African Constellations and the dreamweaver of the Beauty School in McGregor. Clients include non-profit organisations, sustainability projects and public health campaigns involving extensive community mobilisation, media and communications interventions to inspire change. Working with the land, I support people and projects to align to purpose, stay whole, connected and moving in the direction of love.

Please contact me on nicole@naluthando.co.za to book a 1-on-1 or to initiate your process. Or visit my website www.naluthando.co.za to see the full list of offerings.



Registered member of

**SYSTEMS CONSTELLATIONS
ASSOCIATION** of Southern Africa

Registered member of the International Systems Constellations Association (ISCA)
and the Systems Constellations Association of Southern Africa (SCASA).

www.naluthando.co.za