FREQUENTLY ASKED QUESTIONS



1. What is a Yoni?

Yoni is a Sanskrit word referring to the female reproductive organs and womb. It also symbolizes the divine feminine, the goddess realm, sacred creative power, and the wisdom held within a woman's body.

2. What are Yoni Constellations?

Yoni Constellations is an experiential approach that draws upon systemic and family constellation work to explore our relationship with the feminine, sexuality, intimacy, and ancestral inheritance. It offers an opportunity to bring awareness to patterns, beliefs, and experiences that may influence how we relate to ourselves and our bodies.

3. Do I need previous experience with Family Constellations?

Previous experience with systemic or family constellation work can be beneficial, but whether it is required depends on the particular training. An openness to self-exploration and a willingness to engage in experiential learning are important.

4. What kinds of themes might arise during this work?

Themes may include relationships with the feminine, body image, sexuality, intimacy, shame, boundaries, ancestral patterns, and our connection to pleasure, creativity, and personal sovereignty.

5. Is there any nudity or physical contact involved?

Yoni Constellations does not inherently require nudity or intimate physical contact. The training's specific practices and boundaries should be clearly explained in advance, with participants retaining the right to decline any exercise.

6. Is this work appropriate for women who have experienced sexual trauma?

Sensitive experiences may arise during this work. We encourage participants to consider their readiness for this type of exploration. Yoni Constellations is not a substitute for trauma-focused psychotherapy or medical treatment.

7. Will I be expected to share personal experiences with the group?

Participants are encouraged to engage at a level that feels appropriate for them. While sharing can be an important part of the process, personal disclosure should always be a choice.

8. What is the difference between Yoni Constellations and traditional Family Constellations?

While both approaches draw upon systemic principles, Yoni Constellations focuses specifically on themes related to the feminine, sexuality, embodiment, and the ways family and ancestral narratives may influence these aspects of our lives.

9. Can I incorporate this work into my existing professional practice?

The training may offer valuable perspectives and experiential tools for practitioners working in coaching, therapy, somatic healing, and other supportive modalities. How participants apply these tools will depend on their professional qualifications, scope of practice, and the competencies established by the training.

10. Will I receive a certification upon completion?

Yes, upon full completion of the training, you will receive an official Certificate of Completion for the Yoni Constellation Foundation Training. This certificate will clearly state the specific topics covered and the total number of training hours completed. Please note that this is a certificate of participation and integration; it reflects your deep dedication and training hours but does not constitute an official therapeutic license or an independent authorization to practice professionally without the necessary prior qualifications.

11. What can I expect to take away from this training?

Participants may develop a deeper understanding of systemic patterns relating to the feminine, greater awareness of their own personal and ancestral narratives, and new perspectives and practices to support their ongoing personal or professional development.

12. Is this training exclusively for women?

Yes, this training is a safe space reserved exclusively for women. Because we dive deeply into the Yoni, the womb space, and the collective as well as transgenerational female experience, this intimacy within a circle of women allows for a unique level of deep relaxation, vulnerability, and mutual mirroring.

13. How much of the training is experiential versus theoretical?

The training is highly experiential. About 70% to 80% of our time is dedicated to direct practice: personal constellations, somatic bodywork, rituals, and tracking the field. The theoretical aspects—such as systemic principles, the dynamics of generational trauma, and the structure of Yoni Constellations—are organically woven into the practice so that what you learn is not just intellectually understood, but deeply integrated into the body.

14. What level of participation and personal process is expected throughout the training?

Since learning in constellation work happens through direct experiencing and feeling, a high level of readiness for active participation and self-reflection is expected. This does not mean you have to share everything about yourself—you are always in charge of your own boundaries. However, it does mean that you are willing to step in as a representative for others and open yourself up to your own deep process of inner transformation.

POLICIES

Refunds: No refunds will be issued; however, a transfer option is available if the student finds a replacement.

Attendance: Recordings will be provided for the online portion of the training for those unable to attend live.

Please note:

For those who wish to deepen their integration on a more personal level, or who prefer not to share certain aspects within the group circle, there is always the option to book a private one-on-one session with the facilitator. These individual sessions are available either online or in person in Sedona (see personal sessions area).