



Sian Palmer & Tanja Meyburgh: Ancestral Connections Through Movement Therapy and Constellations



Sian Palmer is a registered Drama and Movement Therapist, Co-Founder of Ancestral Connections and the founder of Expressive Movement South Africa. Tanja Meyburgh is a registered counseling psychologist and the primary founder of the Systems Constellations Training Association in South Africa. Discover how spatial constellations and movement can connect you with, and integrate your ancestral realms.

TOP EMBODIMENT TIP: The symptom always makes sense. Whatever it is, it belongs - include it.

The Ancestors Are Real:

- **The ancestors were real breathing people.**
- It doesn't matter if you didn't know them, they are contained within you.

Imagination:

- **Allow imagination to enter the space.**
- Ancestral connection orientates towards movement, storytelling and working with archetypes.

Spatialization:

- **You can use objects to constellate and represent the energies of the ancestral realms.** These objects act as stand-ins.
- Sheets of paper, empty tea mugs, chairs, stones - whatever speaks to you.

Getting the Feeling Right: **Space Controls the Volume of the Experience.**

- Play with space, distance and orientation to harmonize the energy.
- If the representative objects don't feel comfortable next to each other, move them farther apart.
- If your body doesn't feel comfortable in its orientation you can step in or out.

How We Talk To Our Ancestors: **Dance and Movement is a Method of Speaking.**

- Communication doesn't only happen on a verbal level - you can use dance and movement to communicate with the ancestral realms.
- Allow yourself to be moved by their presence and allow your lineage to be moved in turn.

Resources

- ❖ **Website:** sianpalmer.co.za



Sian Palmer





Tanja Meyburgh





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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a **comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](https://uzazu.org) for details!**