



*Releasing, Restoring, Renewing – A Path to Wholeness*  
**Discover Healing Through Jahara Aquatic Method & Family Constellation**



 **July 25-27, 2025**

 Shambalah, 9255 Brielstraat 36, Buggenhout, Belgium

### **A Transformative Weekend of Healing**

*Join us for a unique retreat that integrates Family Constellation Therapy and Jahara Aquatic Therapy. This immersive experience will guide you through the hidden dynamics of pain, healing, and personal growth in a nurturing and supportive environment.*

#### **What is Family Constellation?**

Developed by Bert Hellinger, Family Constellation is a therapeutic approach that uncovers hidden familial patterns and emotional blockages. By exploring ancestral influences, we gain clarity, balance, and healing within ourselves and our relationships.

#### **What is Jahara?**

Jahara is a gentle and deeply relaxing aquatic therapy that enhances body mechanics and heightens self-awareness in the warm embrace of water. Through soft movements and supportive gestures, Jahara helps release tension, align the spine, and expand both physically and emotionally.

By combining Family Constellation with Jahara, this workshop provides a holistic and profound healing experience.

#### **Workshop Facilitators**

##### **Dr. Osnat Fliess Douer**

Osnat holds a PhD in Rehabilitation Sciences and Physiotherapy from the Catholic University of Leuven, Belgium. With over three decades of experience in hydrotherapy, she is an international Jahara instructor and Family Constellation facilitator. Her practice is deeply rooted in helping individuals navigate their healing journey, especially those mourning the loss of loved ones. Her approach combines profound therapeutic knowledge with compassionate care, offering a path for acceptance and spiritual renewal for healing and peace.

##### **Inge Privée**

Inge has dedicated 30 years to working in and with water, starting her journey with Aqua Wellness training as part of her own healing process. Through subsequent Jahara training, she deepened her connection to waterwork, discovering her roots and wings within this environment. Her transformative experiences with free-living whales and dolphins in the ocean, infused her work with deep energetic, magical, spiritual qualities and a flow of unconditional love. Inge now offers sessions, workshops, and training programs that encapsulate this profound engagement with water.

## Workshop Schedule




*Friday, July 25*  **Optional individual water therapy sessions:**

Possible to book a session at: 13:30-14:30, 15:00-16:00, 16:30-17:30



*Saturday, July 26*

**09:00 | Welcome**

**09:30 - 11:30 | Family Constellation on Land**


-  “Hello pain, I see you”
-  The balance of giving and receiving
-  Recognizing personal and ancestral pain

**12:00 - 13:30 | Water Session**


-  Listening to pain in your body and energy field
-  Understanding pain as a guide, not an enemy


 **13:30 - 15:30 | Lunch & Break**

**15:30 - 17:00 | Water & Healing Sessions**

-  Deep water healing practices

**17:30 - 18:00 | Closing Circle**



-  Sharing & integration

 Evening: Dinner & Free Time

*Sunday, July 27*

**09:00 | Welcome**

**09:30 - 11:30 | Family Constellation on Land**


-  Finding resources within our family and surroundings
-  Strengthening personal support systems

**11:30 - 13:00 | Water Session**


-  Exploring support and connection

 **13:00 - 15:00 | Lunch & Break**

**15:00 - 16:30 | Water Session**


-  Expanding beyond pain into healing

**17:00 - 17:30 | Closing Circle**

-  Closing circle for sharing & integration

## Additional Information

 Private Pool Sessions available on Friday

 Language: English, with a translation to Dutch if necessary

 Open to all – **no prior experience is necessary**

 **Prices:**

- One-Day Workshop: €180
- Full Two-Day Workshop: €300
- Individual water therapy session - €55
- The workshop price **includes** all time spent in water and on land, use of sauna, pool, and rest areas.
- The workshop price **does not include** overnight stays and meals.
- For accommodation, Shambalah offers several options including rooms and indoor camping, or you can choose to stay nearby.
- There is an option to enjoy a shared meal and fresh food provided by the organizers: breakfast (€7.50), lunch (€7.50), and dinner (€10.00), or you may find your own meals elsewhere.

**Limited spots available! Reserve your place today.**

 **For inquiries & registration: [info@ingedingen.nl](mailto:info@ingedingen.nl)**