

The Bridge

A 60-day mentoring journey with Human Design & Family Constellations

Filipe Latourrette • Maria do Mar

What will we do?

A 60-day journey

A fusion of Human Design and Family Constellations to create a deeper process of self-knowledge and transformation.

Through Human Design, we explore your individual mechanics: your natural way of making decisions, interacting with the world and expressing who you are beyond acquired conditioning.

Through Family Constellations, we look at the roots: systemic patterns, family stories and invisible dynamics that may influence how you relate to yourself, others and life.

What makes this mentoring journey unique

Before and after each session, the facilitators meet to share insights and tailor the next steps.

How they complement each other

Two paths, one direction

HUMAN DESIGN

Reveals your life purpose, your decision-making strategy and where your energy flows most naturally, while also highlighting themes to explore within your family system.

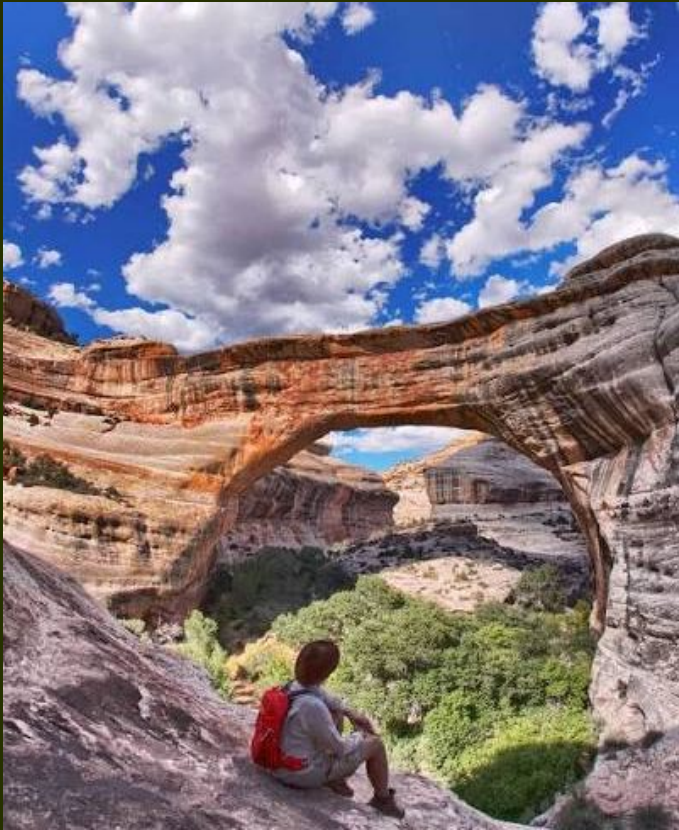
FAMILY CONSTELLATIONS

Reveals invisible loyalties, recurring patterns and transgenerational traumas that silently shape your choices, opening new ways to explore your own design.

What emerges in your design is reflected in your family system; what is released in the family system brings clarity to your design. Each session builds on the previous one.

The Journey

60 days, 8 sessions, one continuous thread



Session 1	Foundation	Human Design
Session 2	Systemic Deep Dive	Family Constellations
Session 3	Integration	Human Design
Session 4	Connecting with Your Roots	Family Constellations
Session 5	Fears	Human Design
Session 6	Accepting and Releasing	Family Constellations
Session 7	Genetic Purpose	Human Design
Session 8	A New Story	Family Constellations

Who will guide you

Two facilitators, one integrated process



Filipe Latourrette

HUMAN DESIGN



Maria do Mar

FAMILY CONSTELLATIONS

Investment



A 60-day journey through Human Design & Family Constellations

Includes:

- 8 individual sessions, in person or online, by agreement
- Integration of Human Design and Family Constellations
- Joint preparation by the facilitators before each session
- Personalised support throughout the process

Investment: €640 (€80/session) or €590 (single payment)

Contacts

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