



From Conditioning To Alignment

 FILIPE LATOURRETTE
✦ MARIA DO MAR

What are we going to do?

A 60-day journey

A fusion between Human Design and Family Constellations, creating a deeper process of self-discovery 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 the conditioning you have acquired.

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

The uniqueness of this mentorship lies in the integration of both approaches. Before each session, the facilitators come together to exchange insights and create a personalised direction for your process.

The Human Design reading can reveal themes to explore within your family system, while the systemic work can open new pathways to deepen your understanding of your personal design.

Each session is therefore a continuation of the previous one.

Throughout these 60 days, you will be guided through a journey of recognition, release and alignment — moving closer to your authentic way of being in the world.

The Journey



Day 1: Foundation – Human Design

Day 3: Systemic Exploration – Family Constellations

Day 7: Integration – Human Design

Day 18: Connecting with your Roots – Family Constellations

Day 30: Patterns & Fears – Human Design

Day 40: Acceptance & Release – Family Constellations

Day 58: Genetic Purpose – Human Design

Day 60: A New Story – Family Constellations

*Each session is individual and personalised. Before and after each meeting, the facilitators work together to integrate both Human Design and Family Constellations, creating a coherent and deeper approach.

Who will guide you?



Get to know
Filipe Latourrette



Get to know
Maria do Mar

Investment



From Conditioning to Alignment

A 60-day journey through Human Design & Family Constellations

Includes:

- 8 individual online sessions
- Integration between Human Design and Family Constellations
- Collaborative preparation between facilitators before each session
- Personalised support throughout the process

Investment: 640€ (80€/session) or 590€ (one-time payment)

Contact

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