



INSTITUT FRANCOPHONE POUR LE
DÉVELOPPEMENT DU SELF LEADERSHIP

Program Legacy workshop

Each day will include a collection of meditations, experiential exercises, dyad practices, small group reflection, demos, and teachings and Q&As.

DAY 1 : Awareness & Curiosity

- Opening Circle, Meditation
- Teaching: What are legacy burdens? Differentiating personal burdens from inherited burdens
- Experiential exercise
- Dyad practice, small group reflection
- Closing circle ceremony

DAY 2 : Compassionate Witnessing

- Meditation, experiential exercise
- Teaching: Parts as carriers of legacy burdens energies: exiles and protectors. Common inherited burdens: shame, grief, insecure attachment, helplessness, worthlessness
- Demo
- Dyad practice, small group reflection
- Closing circle ceremony

DAY 3 : Healing & Transformation

- Meditation, experiential exercise
- Teaching: Unburdening legacy: What heals inherited pain and how we release inherited burdens.
- Demo
- Dyad practice, small group reflection
- Closing circle ceremony

DAY 4 : Embodiment & Legacy of Light

- Meditation, experiential exercise
- Teaching: From burden to blessing: Transforming pain into purpose
- Dyad practice, small group reflection
- Closing Ceremony

Institut francophone pour le développement du self leadership

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