



Iris Alheidt-Pehrishch - Welcome to life

Beyond Coaching

Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrishch

Recommendation of the week:

Available Spots for Systemic Constellation Workshops (Family Constellations) – October 2026

October 10, 2026: Fully booked
October 11, 2026: 3 of 6 spots
October 17, 2026: 6 of 6 spots
October 18, 2026: 6 of 6 spots

Do you have a personal issue or challenge you'd like to explore in a systemic constellation? Or would you like to experience this work first as a representative and see whether it's the right fit for you?

I'd love to hear from you!

Imprint

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<https://www.iris-alheidtpehrisch.com>

A Weekend Full of Insights

Behind the Scenes of My Systemic Constellation Workshops

This weekend, I had the privilege of spending two inspiring and intensive days with a group of wonderful people at the YUKO Center in Otterfing. It's a place where people come together to take a closer look at their lives, gain deeper understanding, and sometimes find the strength to let go. If you've never attended a systemic constellation workshop, you might imagine a very serious or emotionally distant environment. In reality, our weekends feel quite different. There's plenty of time for meaningful conversations, genuine connection, and heartfelt emotions. **One thing that is especially important to me** is that there is never any pressure to rush. No one has to be "finished" simply because the clock says so. Every constellation is given exactly the time and space it needs. Sometimes the process unfolds quickly, and sometimes it takes longer. The person is always at the center of the experience — not the schedule.

What Can Be Revealed Through Systemic Constellations

The issues that emerge during these constellations are incredibly **diverse**. One client had spent her entire life feeling as though she never truly belonged anywhere. During her constellation, it became clear that her entire family system had been out of balance for generations. Family members had unconsciously taken on roles and positions that actually belonged to someone else. As the third daughter, there was, in a symbolic sense, no place left for her. It's no surprise, then, that the feeling of not belonging had followed her throughout her life like a common thread.

In another constellation, a profound connection emerged with an ancestor who had already passed away — someone who had taken a long-held secret to the grave. Sometimes, descendants unconsciously carry the burdens, patterns, or unresolved experiences of previous generations. During the constellation, this connection was acknowledged with respect and gently released, allowing the descendant to symbolically reclaim their own place and their own life.

Experiences like these continue to move me deeply because they remind me how much we all long for a place where we truly belong. That is exactly what I strive to create: a safe, welcoming environment where every person (and, when appropriate, every animal) has the space to simply be. I leave every workshop deeply grateful for the trust people place in me and for the privilege of being part of these meaningful, transformative journeys. ♥