



Systemic & Family Constellations

~ Healing, Connecting, Belonging ~

November 29 - December 13, 2022

3-week series with Sandy Phocas

We all unconsciously carry emotions, trauma, beliefs and patterns from our family system and ancestors. Oftentimes, issues or patterns we struggle with originate there, whether emotional, physical, mental, spiritual, or relational. Systemic Family Constellation work brings awareness to these hidden dynamics that block the flow of energy and love, then brings about more freedom and flow. This releases burdens that have been carried and can also open you to ancestral connection, strength, resiliency, and love.

In the sacred space of a family constellation, participants invite other participants to represent members of their family system. As the energetic field of that system opens, hidden dynamics related to the participant's issue become visible. The facilitator supports and guides the representatives so that members of that system move towards right relationship and release patterns and energies that are not theirs to carry.

Constellations are embodied practices that involve stepping in and out of different energies, learning directly from that embodied experience and from the connection with others in the same energy field. There will be individual, small, and large group constellating practices.

Note: In this course, not all participants will be able to set their own personal constellation due to a limited number of constellation spots. However, all participants receive from the guided practices and are able to participate in others' constellations as representatives, which is a powerful and healing experience.

When: Tuesdays, November 29 - December 13, 2022, 7-9 pm

Where: 18 Springs Community Healing Center, 2424 Reynolda Road, Winston-Salem

Cost: \$90. *The 18 Springs Access Fund is available for those in need of financial assistance.*

To Register: visit www.SandyPhocas.com/FCworkshop for details.

Constellation work can be intense and emotional; it is contraindicated when there is emotional or mental instability. Please discuss with Sandy if you have concerns if this is right for you.

***Covid Precautions:** Masks are optional at this time. This work may involve close contact between participants. Please consider your own health needs in deciding to attend and whether to mask.



Sandy Phocas is a Shamanic and IFS Practitioner and a Systemic Family Constellations facilitator. After years of working as a psychiatrist, Sandy followed a calling to focus on the deeper foundation of healing and wholeness. This led to trainings in hypnosis, Holotropic Breathwork, past life work, shamanism, and Systemic Constellations. Her passion is sharing this path with others by helping them to not only heal, but to profoundly access their own truth, power, and creative life force energy. Sandy has a private practice in Winston-Salem where she offers Shamanic Healing, Internal Family Systems work, Systemic Family Constellations, and classes. Learn more at www.SandyPhocas.com.

For more information, visit www.SandyPhocas.com.