



Shamanic Constellations

Deepening Connection to Nature, Spirit, and Ancestors

July 5 - August 9, 2022

6-week course with Sandy Phocas

Shamanic Constellations bring together the power of shamanic practices and the systemic work of constellations. Constellations allow us to expand our awareness, open our perspective, and see what is hidden. They reveal both unseen blocks and also resources that we are unaware of or disconnected from. They shed light on systemic dynamics – the relationships between members of a system, whether a family, group, culture, or the largest systems we all belong to, like Nature and Spirit. They help us disentangle from burdens, while opening us to connection, support, and love.

This work is deeply experiential and will help you to deepen your ability to connect with nature, with spiritual support, and with ancestors. It will expand your awareness and intuition and help you trust in that intuition. 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.

In this 6 week series, there will be individual, small, and large group constellating practices. There will also be time for questions and group sharing.

When: July 5 - August 9, 2022, Tuesdays, 7-9 pm (6-week course)

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

Cost: \$180. Advance registration is required. Space is limited.

The 18 Springs Access Fund is available for those in need of financial assistance.

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

Covid Precautions: This work may involve close contact between participants. Masks are currently optional but this could change if Covid cases rise in our area. Please consider and honor your own health needs in deciding to attend.



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, IFS 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.
