



# Systemic & Family Constellations

~ Healing, Connecting, Belonging ~

May 21, 2022

workshop with Sandy Phocas

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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 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. In addition to working with family systems, Systemic Constellations work is also useful for other systems, such as internal systems, organizations, or with nature.

*\*In this Constellations workshop, 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 group practices and experiences, and are able to participate in others' constellations as representatives, which is a powerful and healing experience.*

**When:** Saturday, May 21, 2022, 12:30 pm - 5:30 pm

**Where:** 18 Springs Community Healing Center, 2424 Reynolda Road, Winston-Salem  
*Advance registration is required. Space is limited.*

**Cost:** With constellation: \$160. Without Constellation: \$50

*\*Constellation spots are first-come, first-reserved at time of registration.\**

*Note: The 18 Springs Access Fund is available for those in need of financial assistance to attend.*

**To Register:** visit [www.SandyPhocas.com/FCworkshop](http://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:** *This work may involve close contact between participants. Masks are currently optional but this could change if Covid cases rise in our area. See website for details.*



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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](http://www.SandyPhocas.com).

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For more information, visit [www.SandyPhocas.com](http://www.SandyPhocas.com).