



Shamanic Constellations

Deepening Connection to Nature, Spirit, and Ancestors

April 5 - May 10, 2022

6-week course with Sandy Phocas

Shamanic practices can bring healing and balance to individuals, community, and the land. They help us open to the deepest truth and beauty of our own being and the universe, allowing us to experience ourselves as a vital and intimate part of creation.

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.

In this 6 week series, shamanic and constellation practices will be brought together. You will be guided in embodied practices to explore and deepen your relationships with nature beings, ancestors, and Spirit in various forms. Using individual, small and large group constellating practices, you will be able to step 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 also be time for questions and group sharing.

When: April 5 - May 10, 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:** At 18 Springs, masks are currently required for everyone. If this policy changes, participants will be notified. This work may involve close contact between participants. Please consider 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.

For more information, visit www.SandyPhocas.com.