



Dancing in the Dark

Shamanic Navigation Through Challenging Times

November 9 - December 14, 2021

a 6-week online 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.

All of us, at times, encounter pain, darkness, and fear. Sometimes it may feel like the ground has disappeared beneath us, the previous world falling away. These times, whether personal or collective in nature, can leave us feeling lost and disillusioned. And yet these times of darkness are not just ordeals to get through—they can provide powerful doorways into the deepest parts of yourself and your spirit. Working in these realms with purpose and presence, with practices and resources, can bring deep healing and transformation.

This course will offer a safe and sacred space to explore these depths in an online format. Working with shamanic journeys, guided meditations, embodied practices, and nature, there will also be time for questions and group sharing.

No prior experience is necessary. This course is appropriate for those new to the above practices and, since it is experiential, will also be of benefit to those who are more experienced.

When: November 9 - December 14, 2021, Tuesdays 7 -9 pm

Where: Online using Zoom

Cost: \$180; includes class recordings (*only Sandy's part, not participants.*)

Payment plans and sliding scale available if needed; contact Sandy for details.

Advance registration is required. Space is limited.

To Register: Go to www.sandyphocas.com/dancingdark to register.



Sandy Phocas is a Shamanic Practitioner and 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, Systemic Constellation work, mentoring, and classes. Learn more at www.SandyPhocas.com.

For more information, visit www.SandyPhocas.com.