



# Healing Constellations

Systemic Shamanic Practices for Symptoms and Illness

September 15 - October 20, 2022

6-week course with Sandy Phocas

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This 6-week course will explore underlying dynamics of physical, mental, or emotional symptoms or illness, while bringing in healing perspectives and resources. Systemic 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 internal or from family, group, or culture. They help us disentangle from burdens, while opening us to connection, support, and love. 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 field of energy. This course will offer practices from Family, Shamanic, and Internal Systemic Constellations. There will be individual, small, and large group constellating practices. There will also be time for questions and group sharing.

Note: Not all participants will receive their own large group constellation (spots will be chosen by lottery during class), but all will be able to participate in those as representatives, which is a powerful and healing experience.

Though the course is aimed towards those with symptoms or illness, it is open to anyone who is interested in learning more about these dynamics. Note that it can be intense and emotional work; it is contraindicated when there is significant emotional or mental instability. Please discuss with Sandy if you have concerns if this is right for you.

**When:** September 15 - October 20, 2022, Thursdays, 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/healingconstellations](http://www.sandyphocas.com/healingconstellations) for details.

**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.



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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