



# Dancing in the Dark

Shamanic Navigation Through Challenging Times

January 4 - February 1, 2023

a 5-week course with Sandy Phocas

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*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.*

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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 soul. 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 a small group. Working with shamanic journeys, guided meditations, and embodied practices, 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:** January 4 - February 1, 2023; Wednesdays 7 -9 pm (5-week course)

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

**Cost:** \$160. Advance registration is required. Space is limited.

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

**To Register:** Go to [www.sandyphocas.com/dancingdark](http://www.sandyphocas.com/dancingdark) to register.

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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, 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).