

Worlds Beyond, Worlds Within

~ deeper into shamanic consciousness ~

April 30 - May 28, 2019

a 5-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.

Continuing the journey, for those called to go deeper...

Enter a sacred, healing space with like-minded community. Adventure deeper into the magic and mystery of the realms within and beyond self. Expand awareness. Explore the relationship between inner and outer worlds, as well as ways to find balance between them. While working with shamanic drumming journeys, guided meditations, sound, and time in nature, there will also be time for group sharing and exploring ways to integrate and ground experiences. For those who are comfortable with shamanic journeying and shamanic perspectives, this course will offer an opportunity to go deeper.

When: April 30 - May 28, Tuesdays 7 -9 pm

Where: 18 Springs, 2424 Reynolda Road, Winston-Salem 27106

Cost: \$140 if registered before April 2nd; \$160 after

**Advance registration is required. Space is limited.*

Note: The 18 Springs Community Scholarship Fund is available for those in need of financial assistance to attend this course. See Sandy's website for details or email her for an application.

Prerequisite: a previous course with Sandy or other shamanic practitioner that covered shamanic journeying and shamanic perspectives.

To Register: Please contact Sandy for registration information at sandysatchi@gmail.com. If you have not worked with Sandy previously, please let her know of your prior shamanic experience either by email or phone: 336-287-0061.

Cancellation policy: \$25 is non-refundable. Full fee is non-refundable once within 5 days of the first class date (unless someone else fills your spot in the workshop).



Sandy Phocas is a shamanic practitioner and workshop leader. 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 meditation, hypnosis, past life work, Holotropic Breathwork, and shamanic trainings in the US and abroad. 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, past life regression, and mentoring, as well as classes.

For more information, visit www.SandyPhocas.com.