



# Systemic & Family Constellations

~ Healing, Connecting, Belonging ~

February 28, 2020

Introductory session with Sandy Phocas

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We all unconsciously carry emotions, trauma, beliefs and patterns from our family system and ancestors. Oftentimes, issues or patterns we struggle with originate there, whether emotional, physical, mental, spiritual, or relational. Systemic Family Constellation work brings awareness to these hidden dynamics that block the flow of energy and love, then brings about more freedom and flow. This releases burdens that have been carried and can also open you to ancestral strength, resiliency, and love.

In the sacred space of a family constellation, participants invite other participants to represent members of their family system. As the energetic field of that system opens, hidden dynamics related to the participant's issue become visible. The facilitator supports and guides the representatives so that members of that system move towards right relationship and release patterns and energies that are not theirs to carry. In addition to working with family systems, Systemic Constellations work is also useful for other systems, such as internal systems, organizations, or with nature.

*In this Constellation introduction, Sandy will give a talk about the constellation work, then facilitate 2 constellations. Those spots will be chosen by lottery among those interested. Other participants may take part in the constellations as representatives, which is a powerful and healing experience.*

**When:** February 28, 2020, Friday, 6:30 - 9:30 pm

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

**Cost:** \$45 for 1st time participants; \$25 for repeat participants

*Advance registration is required. Space is limited.*

**To Register:** You may register either online or via check. Online: go to Events page at [www.sandyphocas.com](http://www.sandyphocas.com), click the link to this class page and find the Paypal button at the bottom. For checks: mail your payment to Sandy Phocas, 823 W 5th St, Suite A, Winston-Salem NC 27101, along with contact information (email & phone number).

*Constellation work can be intense and emotional; it is contraindicated when there is emotional or mental instability. Discuss with Sandy if you have concerns if this is right for you.*

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



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](http://www.SandyPhocas.com).

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For more information, visit [www.SandyPhocas.com](http://www.SandyPhocas.com).