



Systemic & Family Constellations

~ Healing, Connecting, Belonging ~

Introduction: August 20, 2021

Workshop: August 28, 2021

with Sandy Phocas

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.

Please note: The 2 events listed each have different formats and registration. Please read over the information for each before registering.

Introduction: Friday, August 20, 2021, 6:30 - 9:30 pm.

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. **Cost:** \$35

Workshop: Saturday, August 28, 2021, 12:30 pm - 5:30 pm

For the workshop, there are a limited number of constellation spots which are signed up for in advance; the rest of the spots are 'participant' spots. All participants will receive from the group practices and experiences, as well as being able to participate in others' constellations as representatives. Sandy will start the workshop with a talk about the constellation work; it is not required that you attend the introductory session first. **Cost:** With constellation: \$135. Without: \$55.

Constellation spots are first-come, first-reserved at time of registration.

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

Note: The 18 Springs Access Fund is available for those in need of financial support to attend.

To Register: visit www.SandyPhocas.com/systemicConstellations for details & to register.

Covid Precautions: This work often involves close contact between participants.

Masks are required unless you are vaccinated. (Sandy is fully vaccinated.)

Please consider and honor your own health needs in deciding to attend.



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.
