

# Introduction to Shamanic Practices

Tuesdays, 7 - 9 pm

February 28 - April 4, 2017

A 6-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.*



The only way to truly understand shamanism is through direct experience. In this course, Sandy will guide participants in exploring shamanic practices to expand awareness, move beyond usual states of consciousness, and open to unseen realms and perspectives. These practices will include shamanic drumming journeys, conversations with nature, work with spirit allies, sound/music, and ceremony. There will also be time for group sharing and exploring ways to integrate and ground experiences.

*No prior experience is necessary. This course is appropriate for those new to the above practices - and, since it is primarily experiential, will also be of benefit to those who are more experienced. The course will be limited to a small group to allow time for questions and group sharing.*

**When:** Tuesdays, 7-9 pm, from February 28 - April 4, 2017

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

**Cost:** \$150 if registered before January 31st; \$175 after

\*Advance registration is required. Space is limited.

*Classes are not available individually, only as an entire course.*

**To Register:** You may register by paying either via check or online. For checks, please mail your payment to Sandy Phocas, 176 Ferris Drive, Lexington, NC 27295, along with contact information (email and phone number). To register online, go to the Events page at [www.sandyphocas.com](http://www.sandyphocas.com), then click the link to the workshop page; you will find the Paypal button at the bottom. You may wish to check with Sandy first to be sure there is space remaining.

*Cancellation policy: \$25 is non-refundable. Full fee is non-refundable once within 2 days of the first class date (unless someone else fills your spot in the course).*



---

**Sandy Phocas** is a shamanic practitioner and workshop leader with extensive training in healing and spiritual practices. She began her career as a psychiatrist, later training in meditation, hypnosis, past life regression, Holotropic Breathwork™, and with shamans in the US, South America, and Africa. 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 and workshops. For more information, visit [www.SandyPhocas.com](http://www.SandyPhocas.com).

---

For more information, please call 336-287-0061 or email [ssatchi@earthlink.net](mailto:ssatchi@earthlink.net)  
or visit [www.SandyPhocas.com](http://www.SandyPhocas.com)