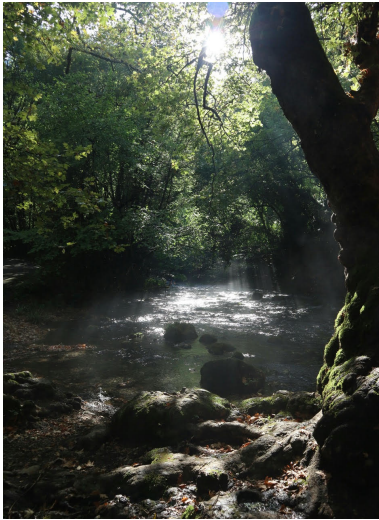




Remembering the Path to Spirit

A 6-week Shamanic IFS Healing Circle

October 28 - December 2, 2026

with Sandy Phoenix

*Enter a sacred healing circle where every part of you is welcome.
A place to deepen your relationship with Self, Spirit, Nature, and community.
A place to soften the inner barriers that have made these relationships difficult.
A place to remember the deeper belonging that has always been yours.*

Many of us long for a more direct experience of spiritual connection and guidance but encounter fear, doubt, and inherited beliefs that make that connection difficult. In this 6-week experiential series, we will weave together the transformative practices of Internal Family Systems (IFS) and shamanism to create a grounded and supported path toward reconnecting with spirit guides, Nature, ancestors, and community.

Together we will cultivate relationships with compassionate spirit allies while also welcoming the parts that have learned to protect us from openness, trust, mystery, or direct knowing. Rather than bypassing these protectors, we will honor them with curiosity and compassion, allowing deeper spiritual connection to unfold naturally. Through shamanic journeys, embodied practices, parts mapping, and guided meditations in a small group, you'll have opportunities to deepen your intuition, receive guidance, work with personal and ancestral burdens, and experience the support, witnessing, and belonging of practicing with sacred community. Each circle is limited to 8 participants.

This series is for you if you are IFS-informed or IFS-trained and you:

- Long for a deeper relationship with Nature, Spirit, and sacred community.
- Want to bring healing to parts that doubt or distrust spiritual connection.
- Desire practical, embodied practices to nourish your spiritual life.
- Wish to strengthen your intuition and trust your direct experience.
- Value the presence, support, and sharing of others in a small healing circle.

When: Wednesdays, October 28 – December 2, 2026; 10 am-12 pm ET via Zoom.

Cost: 3-tiered pricing option: \$290 Access rate, \$350 Standard rate; or \$390 Supporter rate

To Register: visit www.SandyPhoenix.com/remembering for further details and to register.



Sandy Phoenix (formerly 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 is based in Winston-Salem, NC where she offers workshops and classes in Shamanic practices, Internal Family Systems, and Systemic Family Constellations. Learn more at www.SandyPhoenix.com.
