

# Community Shamanic Journey Circle

~Sacred Gathering with Nature, Spirit, & Community~

March 15, 2026

with Sandy Phoenix



Come together in a sacred circle for a shamanic drumming journey! Gathering with community to deepen relationship with oneself, nature, shamanic realms, and spirit guides empowers healing and transformation for ourselves and our world. We will begin with grounding, intention-setting, and introductions. I will then drum for the shamanic journey. After the journey, there will be a sharing circle where you may share your experience. Please note: this is not a class so I will not be teaching, but rather facilitating a space for those who like to journey to do so together.

*The facilitation and space are being donated so there is no set fee, but donations will be accepted for the Access Fund at 18 Springs, which is a non-profit. The Access Fund provides opportunities to those who need assistance with tuition to attend classes and workshops there.*

**When:** Sunday, March 15, 2025, 4-5:30 pm

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

**Cost:** Donation. Advance registration is requested to hold your space.

**Register:** at [www.SandyPhoenix.com/journeycircle](http://www.SandyPhoenix.com/journeycircle)



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 has a private practice in Winston-Salem, NC where she offers Shamanic Healing, Internal Family Systems, Systemic Family Constellations, workshops and classes. Learn more at [www.SandyPhoenix.com](http://www.SandyPhoenix.com).



18 Springs Community Healing Center is a collaboration space for individual and community well-being in Winston Salem NC: "We provide a place for local healers to share their skills and to hone them in community. We bring people together who are ready to commit to the well-being of one another. As a healing justice centered community space, our work is aspirational. While, we value honest and authentic inclusivity, we have a ways to go, and work to do, to truly live into that reality. We invite you on this healing journey with us." Learn more at [www.18springshealing.org](http://www.18springshealing.org).