

Worlds Beyond, Worlds Within

~ deeper into shamanic consciousness ~

December 9, 2023

a day-long workshop with Sandy Phoenix



Adventure deeper into the mystery and magic of the realms within and beyond self. Explore the relationships between inner and outer worlds, as well as the boundaries and thresholds between. Get to know threshold guardians. Journey into the world of your heart and the heart of Creation. Engage in sacred practices that open you to new perspectives and possibilities with shamanic drumming journeys, embodied practices, nature, music, and breath. There will also be time for group sharing and considering ways to integrate and ground experiences. For those who have experience with shamanic journeying and shamanic perspectives, this course will offer an opportunity to delve deeper.

When: December 9, 2023; 9:30 am - 5:30 pm

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

Cost: \$160. *Advance registration is required. Space is limited.*

Prerequisite: previous experience with shamanic journeying and shamanic perspectives.

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

Cancellation policy: \$25 is non-refundable. Full fee is non-refundable once within 3 days of the workshop (unless someone else fills your spot).

Covid Precautions: Masks are optional at this time. This work may involve close contact between participants. Those who wish to wear masks are encouraged to do so. Please consider your own health needs in deciding to attend.



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, 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, Internal Family Systems work, Systemic Family Constellations, and classes. Learn more at www.SandyPhoenix.com.

For more information, visit www.SandyPhoenix.com.