



# Healing the Heart

~ Shamanic Healing Circle ~

December 7, 2024

with Sandy Phoenix

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Our hearts ache with longing, with grief, with love. And they are full of paradox. They are broken - and they are resilient. They are tender - and they are fierce. They are vulnerable - and they are powerful. We all carry deep heartache, which can close our hearts, and yet the love in our hearts is the greatest and most healing of gifts for ourselves and others. We all long to love and be loved. And...the true nature of our hearts is one of truly powerful light, love, and life force energy. And it arises out of both our humanity and our divinity.

In this 1-day workshop, we will honor the magic, mystery, power, and gifts of the heart. We will bring healing to our heartache and also open to the heart's deeper power using shamanic and soul practices in a healing circle. Practices will include shamanic drumming journeys, group constellations, nature connection, and creative expression. You may connect with spirit guides and inner threshold guardians. Doing this work in a sacred group circle, witnessing and sharing with others, greatly empowers each person's own work as well as building like-minded community. Group size is limited to allow for questions and sharing.

**When:** Saturday, December 7, 2024, 9:30 am - 5:30 pm

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

**Cost:** \$180. *Options available for those in need of financial assistance.*

**To Register:** visit [www.SandyPhoenix.com/healingheart](http://www.SandyPhoenix.com/healingheart) for details.

Advance registration is required. Space is limited.

*This deep group work can be intense and emotional; it is contraindicated when there is emotional or mental instability. Please discuss with Sandy if you have concerns if this is right for you.*



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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).

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