



Getting Unstuck

A Shamanic IFS Healing Circle

April - June, 2026

a 6-week series with Sandy Phoenix

*Enter a sacred healing circle where all your parts are welcome,
where you can open to the wisdom and compassion of your deepest essence,
where you can be held by Nature, Spirit, and community.*

All of us experience stuck places within ourselves and our lives – and so often these stuck places relate to different parts of us wanting different things. These parts are often fueled by burdens they carry from the past, whether personal, ancestral, or cultural. Many of these burdens arise from attempts to keep us safe from primal wounds such as rejection, abandonment, shame, or fear. Thus the stuckness can be entrenched and it can be hard to move forward on our own. This 6-week series involves powerful practices with group support to compassionately bring more clarity and healing to these kinds of stuck places with Internal Family Systems (IFS), shamanic practices, and embodied group constellations.

We heal best when we heal together - with nature, with Spirit, with community. When we open ourselves deeply in sacred healing circles, magic happens, allowing unexpected releases and gifts, connections and revelations. We cannot do this alone. And we are not meant to.

We will bring compassion and presence to inner polarized parts as we engage in guided meditations, parts mapping, shamanic journeying, and embodied group constellations. The constellations allow inner parts to be represented in the shared field of the circle, so the deeper wisdom of the system can reveal unseen patterns and open pathways for healing.

You are warmly invited to bring a place in your life where you feel stuck and explore what clarity, healing, and new movement may be ready to emerge.

When and Where: (choose 1 option):

- In-person in Winston-Salem: Tuesdays, April 28 – June 2, 2026, 7-9 pm *or*
- Online: Thursdays, April 30 – June 4, 2026, 7-9 pm ET via Zoom.

Cost: 3-tiered pricing option: \$225 Access rate, \$290 Standard rate; or \$350 Supporter rate

To Register: visit www.SandyPhoenix.com/getunstuck 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.
