Community Shamanic Journey Circle

~Sacred Gathering with Nature, Spirit, & Community~

November 20, 2026

with Sandy Phoenix
(and guest journey drummer Sandra Katala)



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 journeying 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: Tuesday, June 16, 2026, 7:30-9 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



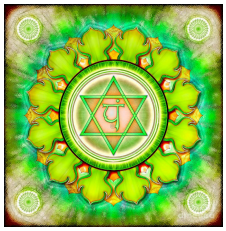
Sandy Phoenix is a Shamanic and IFS Practitioner and a Systemic Family Constellations facilitator. After years of working as a psychiatrist, Sandy followed a calling to focus on the deeper foundation of healing and wholeness. This led to trainings in hypnosis, Holotropic Breathwork, past life work, shamanism, 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 offers classes and workshops in Winston-Salem, NC and online incorporating Shamanic Healing, Internal Family Systems, and Systemic Family Constellations.

- -



Sandra Katala, LMBT, BCTMB, VSTCLP welcomes you into a safe and nurturing space, offering outcome-based therapy through massage, vibration & sound. With 30 years of experience in the healing arts, Sandra is Licensed and Board Certified in Therapeutic Massage and Bodywork. She is also a Licensed Vibrational Sound Therapist. She has had extensive training in a wide array of Sound Healing modalities and continues her research. Sandra is also certified in Tuning Fork Therapy and Therapeutic Art. Find her online at playgroundforthesoul.net.

- -



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.