



Shamanic IFS Healing Circle

~ sacred healing in community ~

January 11, 2026

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.*

These Healing Circles combine the power of Internal Family Systems (IFS) with the power of deep sacred group work. IFS is a compassionate model that helps us connect with the parts within us that need tending and develop a relationship with them that helps our whole system find more clarity, peace, joy, and love. It offers a caring way to work effectively with polarized parts that keep us stuck. It helps us unburden old traumas, emotions, and beliefs. And IFS helps us to inhabit our core sacred essence more fully and, over time, lead our lives from that essence.

In this Shamanic IFS Circle, we will deepen connection with Nature and Spirit, including inviting in guides and ancestors. IFS aligns with and includes many shamanic perspectives and aspects of healing, including soul retrieval, clearing of ancestral and cultural burdens, energetic and spiritual release with help of the elements, and connection with your sacred essence.

This group will be experiential and include guided meditation, parts mapping, an embodied group sculpting, and a shamanic journey. The sculpting is a powerful process where a participant works directly with me with the group members supporting by stepping into the roles of the person's parts, bringing about more clarity of inner dynamics and more space for healing.

When: Sunday, January 11, 2026, 1:30 - 5 pm

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

Cost: \$70. Options available for those in need of financial assistance.

Advance registration is required; space is limited.

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

Note: 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.



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.
