

Shamanic Dreamwork

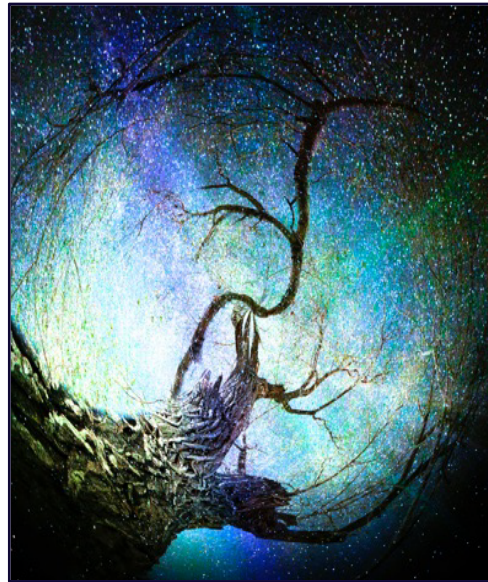
~ a 6-week series ~

November 4 - December 9, 2025

Tuesdays, 7-9 pm

with Sandy Phoenix

The dream is the small hidden door in the deepest and most intimate sanctum of the soul, which opens to that primeval cosmic night that was soul long before there was conscious ego. ~Carl Jung



Step into the dreamtime. Discover ways to activate powerful dreaming and deepen your relationship with dream landscapes, figures, and guides. This will allow more awareness and receptivity to the wisdom, guidance, creativity, and healing that can arise in the dream state. In this 6-week series, we will not analyze dreams with the mind but develop relationships with them that allow a deeper unfolding. Practices will include shamanic journeying, dream circles, dream sculpts, and other active dreamwork. We will invite curiosity and an awareness of Mystery into our work with the dreamtime, allowing space for the beauty and power of the dream to emerge. Dreaming is beautiful and sacred. Exploring dreams in a circle with others empowers, expands, and brings great joy to that sacred experience.

Prerequisite: none. This course is appropriate for those new to the above practices - and, since it is primarily experiential, will also be of benefit to those who are more experienced.

When: Tuesdays, November 4 - December 9, 2025, 7-9 pm

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

Cost: \$240. Options available for those in need of financial assistance.

Advance registration is required; space is limited.

To Register: visit www.sandyphocas.com/shamdream



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.
