



# Systemic & Family Constellations

~ *Healing, Connecting, Belonging* ~

March 6, 2026

with Sandy Phoenix

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We all unconsciously carry emotions, trauma, beliefs and patterns from our family system and ancestors. Oftentimes, issues or patterns we struggle with originate there, whether emotional, physical, mental, spiritual, or relational. Systemic Family Constellation work brings awareness to these hidden dynamics that block the flow of energy and love, then brings about more freedom and flow. This releases burdens that have been carried and can also open you to ancestral strength, resiliency, and love.

Each constellation is a kind of ceremony. In the sacred space of a family constellation, participants invite other participants to represent members of their family system. As the energetic field of that system opens, hidden dynamics related to the participant's issue become visible. The facilitator supports and guides the representatives so that members of that system move towards right relationship and release patterns and energies that are not theirs to carry. In addition to working with family systems, Systemic Constellations work is also useful for other systems, such as internal systems, organizations, or with nature.

*In this offering, Sandy will give a talk about the constellation work, then facilitate 2 constellations. Those spots will be chosen by lottery among those interested. Other participants may take part in the constellations as representatives, which is a powerful and healing experience.*

\*This workshop is for both new and experienced participants; all are welcome and will benefit!

**When:** Friday, March 6, 2026, 6:30 - 9:30 pm

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

**Cost:** \$60. *Options available for those in need of financial assistance.*

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

*Constellation 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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For more information, visit [www.SandyPhoenix.com](http://www.SandyPhoenix.com).