



Dancing in the Dark

Shamanic Navigation Through Challenging Times

May 27 - July 8, 2025

a 6-week course with Sandy Phoenix

Shamanic practices can bring healing and balance to individuals, community, and the land. They help us open to the deepest truth and beauty of our own being and the universe, allowing us to experience ourselves as a vital and intimate part of creation.

All of us encounter times of pain, darkness, and fear. Sometimes it may feel like the ground has disappeared beneath you, the previous world falling away. These times, whether personal or collective in nature, can leave you feeling lost and disillusioned. And yet these times of darkness are not just ordeals to get through. They can provide powerful doorways into the deepest parts of yourself and your soul. Working in these realms with purpose and presence, with practices and resources, can bring deep healing and transformation so that you may live your life from a place of meaning, truth, and nourishing connection.

This 6-week course will offer a sacred space to explore these inner depths in a small group with the support of Nature, Spirit, and community. Working with shamanic drumming journeys, guided meditations, movement, inner parts work (IFS), and embodied practices, there will also be time for questions and group sharing.

No prior experience is necessary. This course is appropriate for those new to the above practices and, since it is experiential, will also be of benefit to those who are more experienced.

When: Tuesdays, May 27- July 8, 2025, 7-9 pm (excluding July 1st)

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

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

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