



# Shamanic IFS Healing Circle

~healing disconnect from Nature, Spirit, & community~

February 17 - April 7, 2026

6-week series with Sandy Phoenix

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*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.*

We heal best when we heal together - with Nature, with Spirit, with community. That is the antidote for our cultural disconnect and dissociation. When we open ourselves deeply in sacred healing circles, magic happens, allowing unexpected releases and gifts, connections and revelations. We cannot do this alone. And we are not meant to.

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.

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 experiential 6-week series will add further shamanic elements with shamanic drumming journeys and opening to guides and ancestors. It will also include guided meditations, parts mapping, and embodied group sculpting. 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.

IFS is a relational model, building relationships with your inner parts. Doing this work in a group, witnessing and sharing with others, empowers each person's own work as well as building like-minded community. Group size will be limited to allow for sharing and questions.

**When:** Tuesdays, February 17 - April 7, 2026, 7-9 pm (Skipping 3/10 & 3/31)

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

**Cost:** \$260. Options available for those in need of financial assistance.

Advance registration is required; space is limited.

**To Register:** visit [www.SandyPhoenix.com/healingcircles](http://www.SandyPhoenix.com/healingcircles).

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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 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](http://www.SandyPhoenix.com).

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