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calm                      centered                      expansive                      connected                      renewed

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## Meditation and the Adventure of Self-Discovery

Re-energize and balance the body, mind, and spirit.  
Experience more peace, joy and passion by living in the now.  
Open to what is true and real and solid, deep within your own being.

*Classes include:*

- mindfulness meditation and teachings
- guided imagery                      •progressive relaxation techniques
- the power of music, sound, and the breath

**When:** Tuesdays, May 6, 13, 20, and 27, 2008 from 7:15 to 8:30 PM  
Each class is different!

**Where:** From the Heart Yoga, 422 N Florence Street, Suite 3, Casa Grande  
(entrance from parking lot in rear of building)

**Cost:** \$10 per class or \$35 for all 4 if paid in advance

Advance registration is not necessary; drop-ins are welcome for any/all classes.

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*"Meditation was a complete mystery when I first stepped into Sandy's class. Thanks to Sandy's gentle, welcoming way and clear communication I have now created my own meditation practice and embarked on an inner journey of discovery." – E. C.*



*After finishing her medical and psychiatric training, Sandra Phocas spent 10 years working in private practice as a psychiatrist. During that time, she also passionately pursued training in many types of deeper alternative healing work, here and abroad. In 2005, she left psychiatry to follow a more holistic, shamanic path in her life and her work. She founded Sacred Healing LLC, where she works privately with clients in Tucson and Casa Grande, as well as facilitating public workshops in South Carolina, Maryland, and Arizona.*



**Sandy also offers private sessions in deep, inner healing work:**

*Sacred Healing is based on a combination of ancient and modern healing beliefs and practices and heals at all levels of self--body, mind, and spirit--focusing not only on symptoms, but also on healing their underlying cause.*

- Energy Work
- Shamanic Healing
- Holotropic Breathwork™
- Hypnosis
- Guidance & Mentoring
- Past-life Regression and more!