



SONGBIRD COMMUNITY HEALING CENTER

affordable health education and care for mind, body and spirit

8280 Old Redwood Hwy, Cotati, CA, 707-795-2398

info@songbirdcenter.org, www.songbirdcenter.org

SEPTEMBER, 2010 CALENDAR

More information on the teachers, practitioners and their offerings are available on the website.

NEW AND SPECIAL EVENTS:

Saturday, September 18/3rd Saturdays (9:30am-2pm): NEW! CHIROPRACTIC CLINIC-BY APPOINTMENT ONLY

(suggested donation \$5-\$30/nobody turned away). Dr. Kyle Yoder blends two decades of experience with half a dozen Chiropractic specialties into a customized treatment protocol. He will evaluate and treat you during a half-hour appointment. He can relieve painful degenerative conditions in the back and acutely painful conditions. He has kept patients from surgery. Call Jasmine at 795-2398 for appointment. www.DoctorKyleChiropractic.com

Saturday, September 18 (7:00pm-9:00pm): SOUND AND ASCENSION w/ Jan Cercone, RN, Director of Song and Spirit Center (suggested donation \$5-20/nobody turned away). Learn how you can recalibrate to joy and spiritual activation with intentional sound. Mini-talk followed by profound interactive sound experiences and healings to take your body to bliss. Tone with acoustical healing bowls and chimes. This is a Songbird Center fundraiser. www.MusicforJoyandHealing.com

Tuesday, September 21/3rd Tuesdays (7:00pm-9:00pm): NEW! EVOLVE AND ATTRACT! TRANSFORMATION & INTENT CIRCLE w/ Jasmine Gold (sliding scale \$5-\$20). Discuss and apply spiritual evolution, Mastery of Intent, Law of Attraction, quantum physics, and more. Incubate and grow your ideas for change within a supportive community. Transform the beliefs that keep you from creating what you want in your life and making a difference in the world.

Wednesday, September 22 (7:30-9:00pm): EQUINOX CELEBRATION & MEDITATION w/ Jasmine Gold (suggested donation \$5-10/nobody turned away). Bring a quote, poem, story, or reading to share for an introductory Circle. We will follow this by a one-hour Heart Chakra Meditation by Karunesh. This meditation can help you open and rejuvenate your heart, body, and soul. It will support your inner balance and well-being. Half is simple gentle movement. Half is sitting and lying down.

Saturday, September 25 (6:45pm-9:00pm): EVOKING SPIRIT IN SONG & MUSIC w/ Ken Farber (suggested donation \$5-\$20/nobody turned away): At this introductory evening, you'll experience a short guided meditation, explore vocalizing & singing (even if you can't sing!) as a form of meditation for connecting with what is deep & heartfelt within you, and receive some guidance for how to sing (and even speak) with more intimacy, heart and spirit. This is a Songbird Center fundraiser.

ON-GOING CLASSES:

Tuesday, September 7/1st Tuesdays (7:00pm-9:00pm): TOLTEC RECAPITULATION BREATHING MONTHLY CIRCLE w/ Jasmine Gold (sliding scale \$5-\$20). This ancient process is a powerful tool to transform limiting fears/beliefs at an energetic level. Remove the old energy in your memories and fill the space with new beliefs that make you happy. The circle is a safe, loving environment to learn the breathing, learn to recapitulate your life, practice, and receive support.

Tuesdays and Thursdays (9:30am-10:45am): GENTLE YOGA w/ Teresa Callison (\$14/sliding scale to \$10). Gentle classes are for students wanting a quiet, meditative practice with lots of floor work, stretching and breathing. Especially ideal for those with challenging health conditions or anyone seeking a reflective, restorative class. Some standing postures are incorporated.

Wednesdays (5:45pm-6:30pm): FLUTES, RECORDERS, AND HEALING w/ Kathy Caldwell-White (sliding scale from \$10). Flutes and healing benefits: playing Native American flutes and recorders can help you with asthma, lung/heart neurological conditions, flexible fingers/body, coordination, mental stimulation, fun; AGE 4-85; Pre-Register.

Wednesdays (6:45pm-8:45pm): TAROT CLASS w/ Christeen Fischer. In this 5-week course (August 18-September 15, \$80), you will become familiar with all of the cards, how to read them, and how to trust your intuitive wisdom.

Thursdays (3:30-4:15pm): CHILDREN'S YOGA w/ Melanie LaBrie (August 19-September 9, \$45). Shine Your Light Yoga provides a safe and nurturing environment where children can strengthen their sense of confidence, focus, breath, creativity, physical awareness and appreciation of their being through yoga, movement and music. Contact Melanie for next class date.

Saturday, September 4/1st Saturdays (10:00am-12:00): WOMEN'S HEALTH GROUP w/ Dawn Zaft (\$20/sliding scale to \$15). Come build community with the women of Sonoma County! This group is a place to explore women's health topics, botanical medicine, and more in a comfortable, confidential setting. Newcomers welcome!

Saturdays (10:00am-1:00pm): INTRO TO HERBALISM w/ Dawn Zaft (\$25/sliding scale to \$20 plus registration/medicine-making fee). Students learn fundamental concepts of western herbal medicine, including actions, uses, energetics, therapeutics, dosage, contraindications, basic medicine making, proper application of different remedies, and introduction to body systems.

Sundays (10:00am-11:00am): YOGA CHURCH w/ Alison Malisa (suggested donation \$5-\$10/nobody turned away). Relax on Sunday morning with a yoga class for all levels! This is a Songbird Center fundraiser.

Sundays (11:30pm-1:30pm): HEALING WITH ANGELS w/ Sybil Harmony (\$20/\$25 at door). Learn to communicate with your angels and guides. Learn to give healing to yourself and others. Learn about chakras, healing, and creating more energy. You can receive a healing and reading in every class. Weekly Topics include past lives, abundance, having a happier life.

(continued on back)

SCHEDULED CLINICS AND PRACTICES:

Mondays, (7:00pm-9:00pm): INTUITIVE HEALING APPOINTMENTS w/ Deborah Dow-Gallagher. Deborah has been a intuitive for over three decades. She is very excited about practicing Theta Healing, a method she has been certified in for eight years. Theta healing is a non-touch approach that looks at clearing beliefs that may get in the way of your optimal health and well-being.

2nd and 4th Tuesdays (7:30pm-9:00pm): HANDS OF GOLD HEALING CLINIC (suggested donation \$5-\$40/nobody turned away). The clinic is a fun, casual, drop-in environment for you to receive different types of healing and find what resonates with you. It's a community where beginning and experienced healers can network to learn and discover each other's unique gifts. The modalities include Energy Healing, Sound Healing, Readings, Massage, and much more.

Saturday, September 18/3rd Saturdays (9:30am-2pm): CHIROPRACTIC CLINIC-BY APPOINTMENT ONLY (suggested donation \$5-\$30/nobody turned away). Dr. Kyle Yoder blends two decades of experience with half a dozen Chiropractic specialties into a customized treatment protocol. He will evaluate and treat you during a half-hour appointment. He can relieve painful degenerative conditions in the back and acutely painful conditions. He has kept patients from surgery. Call Jasmine at 795-2398 for appointment. www.DoctorKyleChiropractic.com

TEACHER/ASSOCIATED PRACTITIONER CONTACT INFORMATION:

Kathy Caldwell-White, BS, MA/Catch Wellness Here: Radiance Technique, Flutes, Recorders & Healing, Ages 4-85. 707-876-4627, caldwell.white@gmail.com

Teresa Callison, MA, RYT, IMT: Yoga, Integrated Movement Therapist. 707-824-1344

Polly Costa: Astrology and Dream Exploration. 707-843-1233, lunapolly@hotmail.com

Deborah Dow-Gallagher: Medical Intuitive, Theta Healing Certified. 707-364-4083, didow4@yahoo.com

Christeen Fischer: Tarot Classes and Readings. 707-431-2131, christeen@doorwaytarot.com, www.DoorwaysTarot.com

Jasmine Gold: Toltec Mentor, Certified Four Agreements Facilitator, Reiki Master, Hands of Gold Healing Clinic. 707-795-2398, info@spiritgold.com

Sybil Harmony, CMT, ATP, BA: Angel Readings, Counseling, Healing, Feng Shui. 707-769-9997, sybiloracle@rocketmail.com, www.GoldLightReading.com

Cecilia Kinzie: Reconnective Healer, Raw Foods Consultant, rawglow@yahoo.com, www.ReconnectingwithLight.com, www.RawGlow.com

Melanie LaBrie: Certified YK (Its Yoga, Kids!) instructor, Montessori Pre-school Teacher, Amrit Certified, 707-591-1450, melanie31677@peacemail.com

Alison Malisa, CMT: Massage Therapist, Thai Massage. info@songbirdcenter.org

Marsha Sendar, MSPT, CNC: Holistic Nutrition & Physical Therapist. marsha@marshasendar.com

Dawn Zaft/Green Bough Herbal Co-op: Clinical Herbalist, Herbal Consultations, Herbally Infused Bodywork. 707-478-7274, songbirdcoop@gmail.com, www.TheGreenBough.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Aug	31	1 Sep	2	3	4	5
7:00p -9:00p Intuitive Healing appointments	9:30a -10:45a Gentle Yoga 7:00p -9:00p Feng Shui Introduction	5:45p -6:30p Flutes, Recorders & Healing 6:45p -8:45p 5-week long Tarot Class	9:30a -10:45a Gentle Yoga 3:30p -4:15p Children's Yoga	2:00p -6:00p Private Herbal Mentorship	10:00a -12:00p Women's Health Group:	10:00a -11:00a Yoga Church 11:30p -1:30p Healing with Angels
6	7	8	9	10	11	12
Labor Day (Fed) 7:00p -9:00p Intuitive Healing appointments	9:30a -10:45a Gentle Yoga 7:00p -9:00p Toltec Recapitula- tion Breathing Circle	5:45p -6:30p Flutes, Recorders & Healing 6:45p -8:45p 5-week long Tarot Class	9:30a -10:45a Gentle Yoga 3:30p -4:15p Children's Yoga	2:00p -6:00p Private Herbal Mentorship	10:00a -1:00p Intro to Herbalism	10:00a -11:00a Yoga Church 11:30p -1:30p Healing with Angels
13	14	15	16	17	18	19
7:00p -9:00p Intuitive Healing appointments	9:30a -10:45a Gentle Yoga 7:30p -9:00p Hands of Gold Healing Clinic	5:45p -6:30p Flutes, Recorders & Healing 6:45p -8:45p 5-week long Tarot Class	9:30a -10:45a Gentle Yoga	2:00p -6:00p Private Herbal Mentorship	9:30a -2:00p NEW! Chiropractic Clinic 7:00p -9:00p Sound and Ascension Healing	10:00a -11:00a Yoga Church 11:30p -1:30p Healing with Angels
20	21	22	23	24	25	26
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27	28	29	30	1 Oct	2	3
7:00p -9:00p Intuitive Healing appointments ³	9:30a -10:45a Gentle Yoga 7:30p -9:00p Hands of Gold Healing Clinic	5:45p -6:30p Flutes, Recorders & Healing	9:30a -10:45a Gentle Yoga	2:00p -6:00p Private Herbal Mentorship	10:00a -12:00p Women's Health Group	10:00a -11:00a Yoga Church 11:30p -1:30p Healing with Angels