



Songbird Community Healing Center

A Supportive Community that Inspires and Empowers You to Learn, Heal, and Thrive

8297 Old Redwood Hwy, Cotati, CA 94931, 707-795-2398

info@songbirdcenter.org, www.songbirdcenter.org



Local Gifts, Art, Crystals

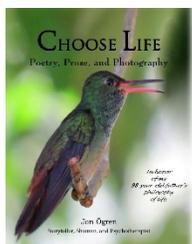
8278 Old Redwood Hwy

707-242-6669

stonestrowgifts.com

Special Events: February, 2018

Songbird Presents: Community Education, Healing & Fun



Wise-ing Up to the Joys of Growing Older, *Jan Ogren, MFT.*

Jan Ögren and her 99-year-old father, Ken Ogren, will offer you Wisdom, Hope and Inspiration through stories, poetry, and photography. Through exercises and examples you can let go of the negative cultural myths around aging and find a positive, Self-affirming view of growing older. Two CEUs for licensed Psychotherapists. www.janogren.net

Friday Flock Night, 2/9, 7:30pm - 9:30pm, suggested donation \$10-\$20, extra for CEUs.

Mind, Money, and Freedom, *Tessa Manning.*

Discover how you can earn money easily using the same techniques that make successful people successful. Find out how you can create the financial freedom you truly desire by changing your mindset.

Explore how you can multiply your results and your income through proven processes. www.infinitelysuccessful.com



Friday Flock Night, 2/23, 7:30pm - 9:30pm, suggested donation \$10-\$20.



On-Going Wellbeing Support: Hands of Gold Healing, *Songbird Practitioners.*

Enjoy three 15 minute mini-sessions and explore a variety of healing modalities in a fun and casual environment. Receive support for depression, fatigue, insomnia, stress, anxiety, pain, trauma/PTSD, life purpose & direction, limiting beliefs, addictions, grief, transitions, & more.

2nd & 4th Tuesdays, 2/13, 2/27, 7:30pm - 9pm, suggested donation \$15 - \$40. Free for those who were directly affected by the fire.

Coming in March!

Midwiving the New Earth, *Evalena Rose & the Council of Twelve.* Experience the alchemy of love and clarify your purpose with Evalena's powerful guidance and practical solutions. Bring your heart's desires and deepest questions. Friday Flock Night, 3/2, 7:30pm - 9:30pm, suggested donation \$10-\$20.

www.evalenarose.com

Spring Equinox Sound Journey & Celebration, *Jesse Stark & Sue Wilhite.* Sunday afternoon, 3/18, suggested donation \$10-\$20. www.SingingBowlHealing.com and www.positivelysuccess.com

Events listed as Upstairs are accessed by the stairs outside and to the left of our main entrance.

Special Events

Kriya Yoga Initiations, *Yogacharya Richard Peterson & Swami Purnatmananda.*

Kriya Yoga cultivates body, mind, and intellect using a powerful meditative practice. This develops a one-pointed mind, enabling us to penetrate deep levels of consciousness and to change our lives. Initiations followed by technique instruction and meditation. www.kriyayoga.org

Saturday, 2/17-Sunday, 2/18, 9am - 5:30pm, \$180 + 5 fruits/5 flowers. Info.: Lauren Darges, 707-971-0340.

Reiki 1, *Cara Seaira O'Brien.*

Ever feel the innate response to lay your hands upon an injured area? That's our connection with healing source energy. Reiki energy healing is a simple & profound modality for our body, heart, mind & spirit. It aids in deep relaxation to bring natural healing. Learn more and receive a Level 1 Training. www.LoveInfinityHealing.com

Sunday, 2/18, 12pm-6pm, \$185. Limited spots. Email huwmanheart@gmail.com to register.

Sound Mind, Sound Body, *Sound Healer and Coach Sue Wilhite.*

Everything in our universe vibrates in its own unique key, including you! Different frequencies can be used to fine-tune and reset physical and emotional issues. Are you "high strung," "low key," or "tuned out?" Discover how to reset stressed-out nervous systems using simple sound tools and techniques. www.positivelysuccess.com

Wednesday, 2/21, 7pm - 8:30pm. \$5 through 2/20, \$10 day of. Register: [soundmind20180221.eventbee.com](https://www.eventbee.com/event/soundmind20180221)

Super Goal Sunday, *Sound Healer and Law of Attraction Coach Sue Wilhite.*

Have you already lost the initial energy you greeted the New Year with? Do you want to make real changes in your habits and lifestyle, with real results? Join Sue Wilhite to reset and recharge your 2018 goals. Explore what might be stopping you and clear the blocks to having your best year ever! www.positivelysuccess.com

Sunday, 2/25, 10am - 2pm. \$35 through 2/24, \$45 day of. Register: [supergoal20180225.eventbee.com](https://www.eventbee.com/event/supergoal20180225)

Contact us about renting one of our rooms for your Special Event!



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On-Going Classes & Events (effective 1/20/18)

Healing Support for Body, Mind & Spirit

Native Secrets, Art Runningbear. Students practice grounding, meditation, running energy, protection, healing techniques and intuitive reading. The public is welcome to drop in for a free healing and to observe. **Mondays, 7pm - 9pm.** Call Thena at 707-938-8808 for more info.

Hands of Gold Healing Community, Various Songbird Practitioners. Enjoy three 15 minute mini-sessions and explore a variety of healing modalities in a fun and casual environment. Receive support for depression, fatigue, insomnia, stress & anxiety, pain, trauma/PTSD, life purpose & direction, limiting beliefs & more. **2nd & 4th Tuesdays, 7:30pm - 9pm, suggested donation \$15 - \$40. Free for those who were directly affected by the fire.**



Circle Singing: Community Building for Resiliency, Linda Stonestreet & Heidi Irgens. Bring your voice and your self and come sing with us! Be a node of convergence in this circle of improvisational music conducted by Linda Stonestreet and Heidi Irgens, both carriers of the voicestra lineage. Lets lift our collective voices and spirits together in song. Potluck follows. www.circlesinging.org **One Saturday/month, 11am - 12:30pm, \$10-\$20 suggested donation.** Upstairs. Info: 707-684-0012.

Chiropractic Clinic, Wendy Staple Hicks.

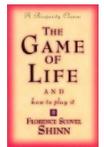
An open room style chiropractic rehab clinic blending chiropractic, soft tissue, cold laser, and rehabilitative exercises under one roof. The day starts and ends with a half hour of full body stretching to warm-up. Please come in comfortable clothing and a positive attitude. 20-30 minute sessions.

One Saturday/month (often last), 10am - 1pm, \$20-\$40 suggested donation. Drop in or call 707-292-6140.

Personal, Spiritual & Business Growth

Prosperity Book Club, Sue Wilhite. The club is reading *The Game of Life and How to Play It* by Florence Scovel Shinn, a classic book that teaches through example and humor. It covers a chapter/month, so jump in anytime! It also includes a mini-Mastermind process to increase success.

1st Wednesdays, 7:00pm - 8:30pm, \$5. Upstairs. Register: 877-906-9528



Business Builders: Relationship & Proximity Networking. Nurture business relationships through gathering weekly. Generate referrals organically. Gain educational tips and strategies to help you grow your business. Share your passion and business experience through 30 second intros and 10 minute talks.

Thursdays, 9:30am - 10:30am, FREE. Upstairs.

Human Awareness Institute (HAI) Intro Mini-Workshop. Experience emotional openness and heart-felt connections to find more possibilities for what love can be in your life. In a safe, supportive, and relaxed environment, discover the ingredients for happy, healthy, and loving relationships.

2nd Thursdays except December, 7:30pm - 9:30pm, FREE. www.hai.org

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Weekly Movement: Stretch & Relax Your Body

Beginning Tai Chi Chuan, Michelle Luna. Experience this internal Chinese martial art for self-defense and health. This moving meditation practice develops mind and body awareness and teaches stability, strength, flexibility, relaxation and self-respect.

Mondays & Wednesdays, 9am - 10:30am, \$45/month or \$10 Drop-In. mluna.semnet@gmail.com

Feldenkrais for Back Pain, Susan Hammond. Back Pain? Want to bend and turn easier? Learn to move more comfortably to reduce pain and discomfort. These gentle lessons guide you towards better alignment, flexibility, movement and a strong back without pain.



Tuesdays, 9:30am - 10:30am, \$15/class or \$40/four. More info.: 707-333-0055, www.easeintowareness.com

Biodanza, Tim Lorenz. Biodanza is an authentic and meaningful world-wide moving dance ritual for expressing the poetry of your life. Biodanza empowers your ability to lovingly connect to yourself and others. No dance experience necessary. Adults of all ages and abilities are welcome to join us.

Wednesdays, 7:15 - 9:15pm, \$20/second class free. Register: 415-994-6017

Rent Our Rooms for Your Classes or Private Sessions



Our large 900 square feet (30' x 30') downstairs room is suitable for lectures, workshops, yoga, dance, martial arts, drumming, sound journeys, meditation, movies, and more. Rental includes:

- Chairs for 50, but room for more than twice that.
- Several folding tables, a pull down screen, handheld microphone, and speaker.
- Tea station, anti-oxidant water, and meditation garden.



Our two 250-300 square feet upstairs rooms are perfect for small gatherings of 5-15 people or as treatment rooms.

- 10 chairs and a folding table.
- The larger L-shaped room has couches.
- Combinable into one big room for larger groups.



Our two 100 square feet downstairs treatment rooms are rented hourly or part time. One room has a massage table set up. One room has a recliner. They are accessed through the meditation garden in back.



Contact us for a list of our affordable rates.

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Wellbeing Services (effective 2/1/18)

Walk-In Services & Open Hours

Monday, Thursday: 11 am-5pm (except 1st Thursday 11-2)

Tuesday: 2pm-5pm, Wednesday, Friday: 11 am-2 pm

Walk in for a 15 minute tune-up or a full length session.

Services are free if you have been directly impacted by the fires.

Otherwise they are only sliding scale \$1-\$2/minute.

- **Talk** to our practitioners about the services they offer.
- **Visit** our beautiful space designed with healing energy.
- **Explore** our services, classes, and rental opportunities.



Songbird Practitioners offering Walk-In Services



Tuning Fork Healing and Tarot Readings, Sue Wilhite. Relax, reduce stress, and clear negative thoughts with tuning forks. For clarity regarding career, relationships, spiritual questions and more, see Sue who has studied, practiced, and taught Tarot for over 25 years. She is also a Profit Attraction Mentor. **Mondays, 11am - 2pm.** PositivelySuccess.com, 877-906-9528, sue@songbirdcenter.org

Intuitive Angel Card Readings & Energy Healing, Natalie Doel. Experience profound clarity, inspiration and insight with a reading. Then receive energy healing to help you integrate. The angels are already here, waiting to share their wisdom with you on any topic you can think of. **Mondays, 2pm - 5pm.** www.BeSpiritLed.com, 415-533-3922, natalie@songbirdcenter.org

Tibetan Cranial Healing, Reiki, Yoga Therapy, Ananda Deviika Ma A'charya'. Assess your health and receive recommendations. Tibetan Cranial helps the mind and brain function better. It helps conditions of the central nerve system and improves circulation and neural connections. **Tuesdays, 2pm - 5pm,** AnandaWellness.org, 707-478-2745, ananda@songbirdcenter.org



Reiki Healing & Attunement, Readings, Raw Food, Shana Dean. Shana focuses on healings & readings, shamanism, totems, spirit guides, crystals, chakra balancing, raw veganism, and more! Her sessions are personalized for your highest potential and produce profound shifts. **Wednesdays, 11am - 2pm.** www.shanadean.com, 928-274-4042, shana@songbirdcenter.org

Psychic Spiritual Counseling, Clairvoyance, and Tarot, Puja Dean. Puja works with energies to heal physical and emotional unbalance. He provides past life and behavioral hypnotherapy for positive transformation. He can provide Readings of your Spirit Guides. **1st, 2nd & 5th Thursdays, 11 am - 2 pm.** SageBrushReadings.wordpress.com, 707-566-8219, puja@songbirdcenter.org

Akashic Records Consultation, Elisa Palma Hancock. The Akasha is the energetic field that holds the vibration of every soul since inception. Explore any issue, problem or challenge, through this lens. Receive guidance and deep, spiritual perspectives to better navigate your personal life journey. **3rd & 4th Thursdays, 11am-2pm.** En.ElisaPalmaHancock.com, 415-601-9072, elisa@songbirdcenter.org

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Wine County Fires Support & Recovery, ShelleyRae O'Connor. If you are struggling to figure a path forward, we can help stop the overwhelm and mitigate the damage. We will hear concerns, answer questions, and connect you to coaches, wellbeing/emotional support providers, financial support & marketing experts, more. **Thursdays, 2pm - 5pm except 1st**, www.cpr4Biz.com, 415-891-9107, shelleyrae@songbirdcenter.org

Transformational Hypnotherapy and Wise Mind, Marlene Patterson. Close your eyes and enter the state of profound relaxation through various hypnosis techniques. Relieve pain. Transform challenges into your true essence of strength & love to heal emotional and physical health. **Fridays, 11am - 2pm (starting in February)**. 707-508-6739, marlene@songbirdcenter.org

Additional Wellbeing Support by Songbird Practitioners

Prosperity Book Club, Sue Wilhite. The club is reading *The Game of Life and How to Play It* by Florence Scovel Shinn, a classic book that teaches through example and humor. It covers a chapter/month, so jump in anytime! It also includes a mini-Mastermind process to increase success. **1st Wednesdays, 7:00pm - 8:30pm, \$5.** Upstairs. Register: 877-906-9528

Feldenkrais for Back Pain, Susan Hammond. Back Pain? Want to bend and turn easier? Learn to move and sit more comfortably to reduce pain and discomfort. These gentle lessons guide you towards better alignment, flexibility, movement and a strong back without pain. **Tuesdays, 9:30am - 10:30am, \$15/class or \$40/four.** EaseintoAwareness.com, 707-333-0055, susan@songbirdcenter.org

Additional Songbird Practitioners

Jasmine Gold: Songbird Director, Toltec Mentor, Certified Four Agreements Facilitator, Reiki Master
707-795-2398, jasmine@songbirdcenter.org

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Cybele/Suzette Rochat: Stone Medicine

CybelesWell.com, 707-347-6704, cybele@songbirdcenter.org

Janet Carol Ryan, RScP: Licensed Centers for Spiritual Living Practitioner, Certified HeartMath Coach

JanetCarolRyan.com, 415-261-3294, janetr@songbirdcenter.org

John Sanchez: Eating Psychology Coach, Relationship Coach - Individual/Couples/Family

EatingPsychologyCoaching.com, 707-484-3097, john@songbirdcenter.org

Sunnie Skillman: Access Consciousness Bars Facilitator,

ClearingPTSDSymptoms.com, 415-497-2879, sunnie@songbirdcenter.org

Jesse Stark: Singing Bowl Healing, Meditation, Energy Healing, Relaxation, Stress Relief

SingingBowlHealing.com, 707-481-0621, jesse@songbirdcenter.org

Terry Trapp: Holistic Nutrition & Counseling, Iridology, Kinesiology, Herbalist, Reiki Master

WholeSpectrumNutrition.com, 707-321-4551, terry@songbirdcenter.org

Vicki Van Winkle, MFA, MFT: Trauma Specialist, Psychotherapist, Yoga of the Heart Meditation

VickiVanWinkle.com, 707 338-6177, vicki@songbirdcenter.org