



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: March, 2018

Songbird Presents: Community Education, Healing & Fun

Midwifing 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 to this audience with healing guides and angels. Embody your essential nature. Gain insights that support walking your true path, greater clarity, and more trust of Spirit and self. www.evalenarose.com

Friday Flock Night, 3/2, 7:30pm - 9:30pm, suggested donation \$10-\$20.

Spring Equinox Sound Journey & Celebration, Jesse Stark & Sue Wilhite.

Experience soothing and uplifting sounds to carry you through the change of seasons. Cleanse, balance, and shift into an uplifting vibration. Choose the seeds to plant for the future. Through singing bowls, tuning forks, and entertaining lecture, Sue and Jesse will bring you a sense of peace, clarity, comfort, and enthusiasm for the upcoming season.

www.singingbowlhealing.com and www.sweetsoundsofsuccess.com

Saturday, 3/17, 12:30pm - 1:30pm: Gather and Eat. Bring a potluck dish.

1:30pm - 3:30pm: Sound Journey, 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, 3/13, 3/27, 7:30pm - 9pm, suggested donation \$15-\$40. Free for those who were directly affected by the fire.

Coming in April!

Shamanic Journey to the Lost Temple of Rejuvenation, Francis Rico. Recover your connection with vibrant youthfulness, sleek feral agility, and inspired creativity. Reintroduce yourself to the lords and ladies of ever flowering abundance. Receive practices and do-it-yourself ceremonies to bring the sparkling intelligence of creation back into your love, health, and work life. **Friday Flock Night, 4/6, 7:30pm - 9:30pm, suggested donation \$10-\$20.** www.shamanzone.com

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

Special Events

Film Festival, *HopeDance Films*.

Check the Songbird and HopeDance calendars for films and times. We will definitely be showing *Kindness is Contagious*, probably on Tuesday, 3/20.

Thursday, 3/15 - Tuesday, 3/20, Specific Dates and Times TBD. hopedancefilms.org

Get the Word Out: Marketing 101 for Holistic Practitioners, *Sue Wilhite*.

As a business owner, you need clients to find you easily and to want to work with you. Marketing makes those magic connections happen! In this information-packed hour, you will find out the core elements of a workable Marketing Plan through a gently humorous, interactive lecture. Learn what Marketing is and what it is not, explore its vocabulary, and discover where to put it. Don't spend another dime or minute of your time figuring out how to get a good flow of clients. Sue Wilhite, Profit Attraction Mentor, guarantees that you will stop thinking of Marketing like a "root canal" and learn to love it instead!

Wednesday, 3/21, 7:00pm - 8:00pm, \$70 at door. Free for Songbird Business Level Renters, 50% off for Professional Level Renters. Upstairs. Register: <https://marketing2018mar.eventbee.com>

Divination for Anyone: Intro to Lenormand Decks, *Sue Wilhite*.

Lenormand decks are great for beginners because they're easy to read, and ideal for experienced readers who want more detailed answers. Sue Wilhite, Master Tarot Consultant and popular teacher, will share the unique origins of the deck and its famous namesake. Learn how find lost objects, answer yes or no questions, and even get clues about vacation spots! Decks will be available to buy or borrow.

Saturday, 3/24, 10:00am - 4:00pm, \$55 in advance/\$70 at door. Register: lenormand-201803.eventbee.com

New Classes

Bujo Me - Bullet Journal, *ShelleyRae O'Connor*.

We will journal, share, support and create together!

Register/Info.: shelleysplace.com/beauty-bullet-journal

1st Tuesdays, 11:30am - 1:00pm, Monthly Subscription: \$20, Drop In: \$25

Beauty in Being Me – Witchy Me, *ShelleyRae O'Connor*.

Rituals To Help You Reflect And Rebirth.

Register/Info.: shelleysplace.com/beauty-witchy-me

2nd Tuesdays, 11:30am - 1:00pm, Monthly Subscription: \$20, Drop In: \$25

Beauty in Being Me - Intentional Me, *ShelleyRae O'Connor*.

Have you read the Power of 8? Are you looking for a peaceful, powerful, way to make a difference?

Register/Info.: shelleysplace.com/beauty-intentional-me

3rd Tuesdays, 11:30am - 1:00pm, Monthly Subscription: \$20, Drop In: \$25

Beauty in Being Me – Prepare Me, *ShelleyRae O'Connor*.

Through monthly meet ups participants will build their Personal Emergency Preparation Plan.

Register/Info.: <http://shelleysplace.com/beauty-prepare-me>

4th Tuesdays, 11:30am - 1:00pm, Monthly Subscription: \$20, Drop In: \$25

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

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On-Going Classes & Events (effective 2/23/18)

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, suggested donation \$10-\$20. 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

Bujo Me - Bullet Journal, ShelleyRae O'Connor. We will journal, share, support and create together!

Register/Info.: shelleysplace.com/beauty-bullet-journal

1st Tuesdays, 11:30am-1pm, Monthly Subscription: \$20, Drop In: \$25

Beauty in Being Me, ShelleyRae O'Connor. Witchy Me: Rituals To Help You Reflect And Rebirth,

Register/Info.: shelleysplace.com/beauty-witchy-me, **2nd Tuesdays, 11:30am - 1pm.**

Intentional Me: Have you read the Power of 8? Are you looking for a peaceful, powerful, way to make a difference? Register/Info.: shelleysplace.com/beauty-intentional-me, **3rd Tuesdays, 11:30am - 1pm**

Prepare Me: Through monthly meet ups participants will build their Personal Emergency Preparation Plan.

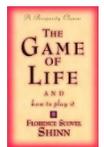
Register/Info.: shelleysplace.com/beauty-prepare-me, **4th Tuesdays, 11:30am - 1pm**

Monthly Subscription for each one: \$20, Drop In: \$25

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



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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

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.semet@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 2/23/18)*

Walk-In Services & Open Hours

Monday: 11 am-5pm, Tuesday: 2pm-5pm

Wednesday & Thursday: 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, 11am - 2pm.** *SageBrushReadings.wordpress.com, 707-566-8219, puja@songbirdcenter.org*

Vitality Massage Therapy, Trevor Coghlan. Trevor has been practicing the art of hands on healing as a certified Massage Therapist for over 4 years and offers a blend of both eastern and western massage styles focused on restoring the body's natural alignment and range of motion. **3rd & 4th Thursdays, 11am - 2pm.** *TrevorCoghlan.com, 707-236-0068, trevor@songbirdcenter.org*

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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

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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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Marlene Patterson: Transformational Hypnotherapy and Wise Mind
707-508-6739, marlene@songbirdcenter.org

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

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