



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

April Class & Event Calendar, 2018

Songbird Presents: Community Education, Healing & Fun

Your Heart is Smart, Steven "Rakesh" Klamm.

It's possible to reverse the damaging effects of stress and anxiety on your life and health! Discover how you can manage and prevent stress with Heartmath - a system of powerful, easy to learn and easy to use tools and technology. Unlock the inner guidance of your heart.



Friday Flock Night, 4/6, 7:30pm - 9:30pm, suggested donation \$10-\$20.

Prosperity through the Chakras, Sue Wilhite, Profit Attraction Mentor.



Have you noticed blocks or issues around prosperity and abundance, but been able to remove them? Discover, explore, and clear the money blocks and blind spots that you may have hidden in each of the energy centers (chakras). Release those blocks to abundance and become wildly prosperous, even beyond your current dreams and expectations. www.sweetsoundsofsuccess.com

Friday Flock Night, 4/27, 7:30pm - 9:30pm, suggested donation \$10-\$20.

Coming in May!

Experience Songbird Saturday. Explore how Songbird can help you. Our practitioners will be offering free talks and sample sessions, as well as being available to talk and answer your questions.

Saturday, 5/5, 2:00pm - 5:30pm, FREE. www.singingbowlhealing.com

Sound Healing Harmony, Jesse Stark. Sound healing with singing bowls is an effective technique to help reduce stress, alter consciousness, improve health and well-being, and create a deep sense of peace.

Friday Flock Night, 5/18, 7:30pm - 9:30pm, suggested donation \$10-\$20. www.singingbowlhealing.com

Special Events

Stepping into Fierceness for Women, Dianna Grayer, MFT.

Are you ready to be your authentic self? Connect with your true essence by facing negative messages that keep you off your path. Through a variety of soul-searching activities as well as art, journaling, and creating ritual, you will come to experience yourself more deeply. Lunch and live music provided. www.diannagrayer.com

Saturday, 4/21, 10:00am - 5:00pm, \$125 before 4/1, \$150 after. Upstairs. Register: 707-364-1891

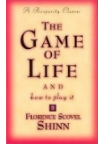
(On-Going Classes on back)

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

On-Going Opportunities to Explore and Connect

Beauty in Being Me: A Chance to Explore Yourself, ShelleyRae O'Connor. Create, experience, learn and chat with like minds in a safe gentle space. Your hobbies and your interests. Shared laughter. A celebration of You and what dwells within. An hour of "ME" time. shelleysplace.com/beauty-in-being-me
Week 1: BuJo Me, Week 2: Witchy Me, Week 3: Intentional Me. Week 4: Prepare Me.
Tuesdays, 11:30am - 1pm. Subscription for each: \$20, Drop In: \$25. Info: BME@SouthernSorcery.com

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.

Meditation, Kunzang-la Palmo. Explore various concepts for navigating your life as a spiritual being in this relative reality. Meditation followed by Q&A/Personal Guidance. Newcomers and solid practitioners welcome. Each class stands alone. Contact kunzangla@songbirdcenter.org for series topic and dates.
On-Going Series of 4 Thursdays with one week off, 7:00pm-8:30pm, suggested donation: \$10. 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

Circle Singing: Community Building for Resiliency, Linda Stonestreet. Come sing and vocalize with us! Be a node of convergence in this circle of improvisational vocal music. Let's lift our collective voices and spirits together in song. Bring your voice and yourself. Potluck follows. www.circlesinging.org
One Saturday/month, 11am - 12:30pm, suggested donation \$10-\$20. Upstairs. Info: 707-684-0012.

Weekly Movement: Stretch, Relax & Dance

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 along with teaching 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



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Wellbeing Services *(effective 3/26/18)*

Walk-In Services & Open Hours

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

Wednesday & Friday: 11 am-2 pm (some exceptions below)

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.** SweetSoundofSuccess.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

Camalot Kausal Seichem (CKS) - Energetic Therapy, Kunzang-la Palmo. CKS, a direct lineage to Mary Magdalene's Divine Purposed Healing, provides transformative/purification of the karmic/causal body, speech & mind, felt as a rejuvenating, calming, unconditional love. It causes spiritual & mental expanding. **Thursdays, 2pm-5pm & Fridays, 11am-2pm (except 4/6, 12, 13).** 415-420-3337, kunzangla@songbirdcenter.org

(Additional Practitioners and Gatherings on back)

Community Healing Gatherings

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



Regular Practitioners (some monthly, some twice/month):

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

Ananda Deviika Ma A'charya' (see above)

Puja Dean (see above)

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

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

Sovereign Spirit-Runningbear Community.

The group is open to the community at large on 3rd Mondays for healing and readings. Private meetings and paid workshops other weeks.

Mondays, 7pm-9pm, \$10-\$20 donation/nobody turned away. Call Lavinia at 415-233-0177 for more info.

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.

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

Vicki Van Winkle, MFA, MFT: Trauma Specialist, Psychotherapist, Yoga of the Heart Meditation
VickiVanWinkle.com, 707 338-6177, vicki@songbirdcenter.org

All Songbird Practitioners are also available for private sessions.