



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

May Class & Event Calendar, 2018

Songbird Presents: Community Education, Healing & Fun

Experience Songbird Saturday: Saturday, 5/5, 2:00pm - 5:30pm, FREE.

An afternoon of Celebration, Community, Inspiration, & Education.

Explore Wellness Options beyond what the medical system provides.

Enjoy FREE 15-minute talks, meet our practitioners, tour our new upstairs space, receive sample sessions, and more. **Songbird is moving upstairs on May 14. Stones Throw is moving downstairs on June 4.**



Each talk will include a raffle for a free class or session. Tentative Talk Schedule:

2:20: *Become Your Own Healer, Ananda Deviika Ma*

3:20: *Awakening Your Intuition, Terry Trapp*

4:20: *What is Your Life All About?, Puja Dean*

5:00: *Embodying Your Divine Self, Devon Sophia*

2:40: *Energy Healing and Harmony, Jesse Stark*

3:40: *Is It a Test or a Two-by-Four?, Sue Wilhite*

4:40: *Keeping Your Smile, John Sanchez*

Also participating: Shana Dean, Marlene Patterson

Sound Healing Harmony, Jesse Stark.

Reach a deeper sense of peace of mind and love in your heart. This informative and relaxing evening combines sound, visualization, meditation and sound healing with the soothing sounds of Tibetan singing bowls to help reduce stress, alter consciousness, improve health, create a deep sense of peace, and radiate your energy emotionally and physically. www.singingbowlhealing.com



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

Songbird Cinema Series: Healing, Health, Humanity, Peace and Positivity.

This is the inaugural event for our new competitive screening series. Films include a LGBT story of a former law enforcement officer, cancer survivor and Christian; a beautiful visual of the 2017's solar eclipse; a young clothing designer's journey – a dreamer's story; a story about where NY's unwanted, unknown and homeless are buried; and more. Q&A after.

Saturday, 5/19, 7:00pm-10pm. \$12. Advanced Tickets: tinyurl.com/songbirdcinema1

Coming in June!

The Toltec Mastery of Gratitude, Allan Hardman. In this experiential evening, you will be given tools to witness and detach from the stories that limit the expression of your delightful fullness.

Friday Flock Night, 6/8, 7:30pm - 9:30pm, suggested donation \$10-\$20. www.joydancer.com

Summer Solstice Celebration and Potluck, Sue Wilhite and Jesse Stark.

Saturday, 6/23, 6:00pm-9:00pm. www.singingbowlhealing.com and www.sweetsoundsofsuccess.com

(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

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.

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

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.**



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. Ends 5/17.

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. Topic through 5/10: Karma. Contact kunzangla@songbirdcenter.org for future series topic and dates.

On-Going Series of 4 Thursdays with break, 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. Info: 707-684-0012. No May class.

Weekly Movement: Stretch, Relax & Dance

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 4/25/18)*

Walk-In Services & Open Hours

Monday, Wednesday, Friday: 11 am-2pm,

Thursday: 11 am-5pm

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



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.** 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': Tibetan Cranial Healing, Reiki, Yoga Therapy
AnandaWellness.org, 707-478-2745, ananda@songbirdcenter.org

Puja Dean (see above)

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

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Additional Wellbeing Support by Songbird Practitioners

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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.