



Songbird Community Healing Center

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

8299 Old Redwood Hwy, Cotati, CA 94931, 707-795-2398

info@songbirdcenter.org, www.songbirdcenter.org



Local Gifts, Art, Crystals

8297 Old Redwood Hwy

707-242-6669

stonestrowgifts.com

July Class & Event Calendar, 2018

Songbird Presents: Community Education, Healing & Fun

Shamanic Journey to the Lost Temple of Rejuvenation, Francis Rico.

Bring the sparkling intelligence of creation back into your love life, health, relationships, projects, and work life through practices and do-it-yourself ceremonies. Rediscover abundance. Experience your life in a graceful, vibrant, creative, and joyful way. Explore an ancient wisdom-based alternative to the stress of Western civilization. www.ShamanZone.com

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



InHer Voice Women's Workshop, Pnina Zoharah, Kaley Halperin

Do you have an unheard voice, strength, and inner power to explore? Join in an evening of movement, sound healing, meditation, connection to nature and your feminine powers. These powerful healers and musicians from the Middle East will provide a sacred space to express your female energy with creativity, intuition and play. www.MovementandSpirit.com

Thursday, 7/19, 6:30pm - 9:30pm, \$60, Register: 415-662-8675

Living With Grace, Michele Newman.

Immerse yourself in healing crystal bowl sound resonance and Michele's Angelic Voice. Experience Vibrational Frequencies that reverberate through your cells & soul. Heal, transform, and be inspired by Michele's clairvoyant, spirit-guided reading of your aura & akashic records. Receive messages and tools. Each person gets to ask an individual question. Private sessions available 7/28 & other times. www.LoveVibe.us

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



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, 7/10, 7/24, 7:30pm -**

9pm, suggested donation \$15-\$40. Free for those who were directly affected by the fire.



Coming in August!

Healing Your Vision, Pnina Zoharah. Use breathing, visualization, meditation and movement to improve your vision. Sunday, 8/19, 10am-4pm, \$100/\$90 in advance. www.MovementandSpirit.com

Experience Songbird Saturday & Stones Throw Open House. Enjoy talks, mini-sessions and an opportunity to meet the practitioners and artists. **Saturday, 8/25, 2pm - 5:30pm.**

(Special Events and On-Going Classes on back)

Special Events

Angel Card Reading Workshop, Terry Lynn Trapp. Receive guidance, love and support for yourself and others from the Angelic Realm. Angel Cards are a positive, healing and transformation tool for connecting with intuition and Angel messages. We will work with meditation, grounding, sacred space, protection and Angel Card interpretation and spreads. Angel Cards are easy to learn! Bring cards or cards will be available. **Sunday, 7/22, 10am - 2pm, \$65 including manual.** RSVP: 707-321-4551.

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.

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 *Think and Grow Rich* by Napoleon Hill, a classic book that nearly every successful entrepreneur and C-level executive credits with their success. The club covers a chapter/month, so jump in anytime! It also includes a mini-Mastermind process to increase success. **1st Wednesdays (July 11 this month due to 4th of July), 7:00pm - 8:30pm, \$5/class.** Register: 877-906-9528, www.SweetSoundofSuccess.com

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.

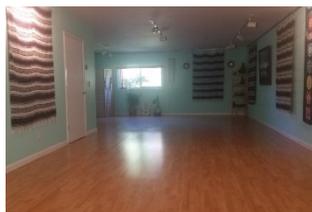
Wednesdays, 7:15 - 9:15pm, \$20/second class free. Register: 415-994-6017

Rent Our Rooms for Your Classes or Private Sessions

Our large 625 square feet room is suitable for lectures, workshops, yoga, dance, martial arts, drumming, sound journeys, meditation, movies, and more.

Our small 190 square feet room is perfect for gatherings of 5-20 people or as a large treatment room.

Our two 100 square feet downstairs treatment rooms can be used for massage, energy healing, therapy, psychic readings, and more. They are rented hourly or part time.



Contact us for more information and a list of our affordable rates.



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Wellbeing Services *(effective 6/23/18)*

Walk-In Services & Open Hours

2nd & 4th Tuesdays: 3pm-6pm

Wednesday, Friday, 1st & 2nd Thursdays: 11 am-2pm

Every Thursday: 7pm-9pm

(Meet at Stones Throw)

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

Soul Alignment and Fulfillment through Reiki Infused Hand Analysis, Pia Darling. Hands reveal your best path to living your unique essence and feeling deeply fulfilled. Pia reads and interprets your gifts, challenges, possibilities and authentic relationship style. Hands are your Owner's Manual!

2nd & 4th Tuesdays, 3pm - 6pm. *CoreFeminineRadianance.com, 415-855-0993, pia@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 (except June 6). *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.**

(except June 7). *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. **Every Thursday, 5pm - 7pm.**

TrevorCoghlan.com, 707-236-0068, trevor@songbirdcenter.org



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. **Fridays, 11am - 2pm.** *SweetSoundofSuccess.com, 877-906-9528, sue@songbirdcenter.org*

(Additional Practitioners and Gatherings on back)

Community Healing Gatherings

Hands of Gold Healing, *Songbird Practitioners.*

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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

Pia Darling (see above)

Puja Dean (see above)

Devon Sophia Delaney: Healing, Aligning and Embodying the Divine
DevonSophia.com, 530-840-6346, devon@songbirdcenter.org

Amy Dipman: Reiki Healing with Intuitive Reading
IntuitiveLivingNow.com, 707-696-8681, amy@songbirdcenter.org

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

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

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Additional Wellbeing Support by Songbird Practitioners

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All Songbird Practitioners are also available for private sessions.