



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

Stones Throw
Local Gifts, Art, Crystals
8297 Old Redwood Hwy
707-242-6669
stonestrowgifts.com

June Class & Event Calendar, 2018

Songbird Presents: Community Education, Healing & Fun

The Toltec Mastery of Gratitude, Allan Hardman.

Explore living your life in intimate gratitude with each glorious present moment. Gain tools to witness and detach from the stories that limit the expression of your delightful fullness—at the deepest level. Discover how you can live in the liberating experience of the Now, a place where fear and doubt cannot accompany you. www.Joydancer.com



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

Summer Solstice Celebration and Sound Journey, Jesse Stark and Sue Wilhite.

Balance and enhance your mind, body, and spirit through tuning forks and singing bowls. Reconnect to your inner light. Shine some of the solstice light onto your life. Acknowledge the turning of the season into summer. Reset old energies. Bring in your intentions for the rest of the year.



www.SingingBowlHealing.com and www.SweetSoundofSuccess.com

**Saturday, 6/23, 6:00pm - 7:00pm: Gather and Eat. Bring a potluck dish.
7:00pm - 9:00pm: Sound Journey, 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, 6/12 & 26, 7:30pm - 9pm, suggested donation \$15-\$40. Free for those who were directly affected by the fire.**



Coming in July!

Shamanic Journey to the Lost Temple of Rejuvenation, Francis Rico. Bring the sparkling intelligence of creation back into your love life, your health, your relationships, your projects, and your work life through practices and do-it-yourself ceremonies. Rediscover abundance.

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

Living With Grace, Michele Newman. Immerse your whole being in healing crystal bowl sound resonance and Michele's Angelic Voice. Experience Vibrational Frequencies that reverberate through your cells & soul as Michele's clairvoyant, spirit-guided reading of your aura & akashic records inspires, heals & transforms you.

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

(On-Going Classes on back)

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, 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 650 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 small gatherings of 5-15 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 6/2/18)*

Walk-In Services & Open Hours

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

Wednesday, Thursday, Friday: 11 am-2pm

(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. *CoreFeminineRadiance.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. **3rd & 4th Thursdays, 11am - 2pm.**

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

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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

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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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.