



# 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

## August Class & Event Calendar, 2018

### Songbird Presents: Community Education, Healing & Fun

#### Healing Your Vision, *Pnina Zoharah*.

Your body, mind, and vision are all interrelated. Poor posture, neck/upper back tension, emotions, and an overloaded nervous system all affect your vision.

Explore exercises such as breathing, visualization, sunning, palming, massage, movement, and more. Wake up under-used nerves and muscles. Relax your eyes and your entire body. Improve your vision. [www.MovementandSpirit.com](http://www.MovementandSpirit.com)

**Sunday, 8/19, 10:00am - 4:00pm, \$100 (\$90 in advance), Register: 415-342-9585**



#### Grand Reopening Open House

*Songbird Center, Stones Throw, and Marigold Apothecary*

An Afternoon of Celebration, Community, Inspiration & Education

Explore alternative health options.

Enjoy FREE informational and interactive talks.

Relax with affordable wellbeing mini-sessions.

Discover our local gifts, crystals, wellbeing services, health products, and art.

Meet the artisans and practitioners. Win raffle prizes.

Find the best services and products for your unique needs.

*Wellness includes your body, mind, and spirit along with your environment and the products you use.*

**Saturday, 8/25, 2:00pm-5:30pm, FREE (mini-sessions: \$10/one, \$15/two, \$20/three)**

#### 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. **2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 8/14, 8/28, 7:30pm - 9pm, suggested donation \$15-\$40. Free for those who were directly affected by the fire.**



#### *Coming in September!*

**So Many Great Ideas, So Little Time, *Roberta Ryan*.** Set business priorities through a few simple questions. Move quickly toward goals. Friday Flock Night, 9/14, 7:00pm-9:00pm. NEW TIME! [www.RobertaRyan.com](http://www.RobertaRyan.com)

**Autumn Equinox Sound Journey, Potluck, & Celebration: Singing Bowls, Vocal Toning, and More, *Jesse Stark & Devon Sophia*.** Cleanse, balance, and shift. Friday, 9/22, 6:00pm - 9:00pm. [www.singingbowlhealing.com](http://www.singingbowlhealing.com), [www.DevonSophia.com](http://www.DevonSophia.com)

(Special Events and On-Going Classes on back)

## Special Events

**Portals to Liberation, Rav. Gabriel Cousens/MD.** Rabbi/Acknowledged Yogi Gabriel Cousens will discuss precursor character qualities and strengths that need to be developed before liberation. He will give insight into the Vedic Kashmir Shaivism and Torah way of liberation including Shaktipat/Haniha, which is the awakening of the spiritual energy that is fundamental to these two paths. [www.TreeofLife.nu](http://www.TreeofLife.nu)  
**Thursday, 8/16, 7:30pm – 9:30pm, \$25.** Contact Martina at [martinahill76@gmail.com](mailto:martinahill76@gmail.com) for more info.

## 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. **2<sup>nd</sup> & 4<sup>th</sup> 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.  
**1<sup>st</sup> Wednesdays (8/29 instead of 9/5), 7:00pm - 8:30pm, \$5/class.** Register: 877-906-9528, [www.SweetSoundofSuccess.com](http://www.SweetSoundofSuccess.com)

**Ancestral Healing Monthly Circle, Irene Ammar & Elsa Ashar.** Nourish your connection with your ancestors. Bring healing to your lineages. Receive feedback and guidance on lineage repair. Prerequisite: lineage assessment in a workshop or session with certified Ancestral Lineage Healing practitioner.  
**3rd Fridays, 6:30pm - 8:30pm, \$20-\$40.** Register: [ammar.irene@gmail.com](mailto:ammar.irene@gmail.com), [www.ireneammar.com](http://www.ireneammar.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](http://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 630 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.

**See our website or contact us for more information and a list of our affordable rates.**



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## Wellbeing Services (effective 7/26/18)

### Walk-In Services & Open Hours

**Every Wednesday: 11 am-2pm (except 8/1 & 8/8)**

**1<sup>st</sup>, 2<sup>nd</sup> & 5<sup>th</sup> Thursday: 11 am-2pm, Every Thursday: 5pm-7pm,**

**Every Friday & 2<sup>nd</sup> Saturday: 11am-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



**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 8/1, 8/8).** [www.ShanaDean.com](http://www.ShanaDean.com), 928-274-4042, [shana@songbirdcenter.org](mailto: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. **1<sup>st</sup>, 2<sup>nd</sup> & 5<sup>th</sup> Thursdays, 11am - 2pm.**

[SageBrushReadings.wordpress.com](http://SageBrushReadings.wordpress.com), 707-566-8219, [puja@songbirdcenter.org](mailto: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](http://TrevorCoghlan.com), 707-236-0068, [trevor@songbirdcenter.org](mailto: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](http://SweetSoundofSuccess.com), 877-906-9528, [sue@songbirdcenter.org](mailto:sue@songbirdcenter.org)

**Intuitive Sound Healing, Energy Alignment, and Vocal Toning Training, Devon Sophia.** Devon Sophia provides social, emotional, physical, intellectual, and spiritual wellness to create balance, wisdom, peace and joy. She works with the pure frequencies of Love to hold loving space and create empowerment to Rise in Love! **2<sup>nd</sup> Saturdays, 11am - 2pm.** [DevonSophia.com](http://DevonSophia.com), 530-840-6346, [devon@songbirdcenter.org](mailto:devon@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](mailto:jasmine@songbirdcenter.org)

**Ananda Deviika Ma A'charya':** Tibetan Cranial Healing, Reiki, Yoga Therapy  
[AnandaWellness.org](http://AnandaWellness.org), 707-478-2745, [ananda@songbirdcenter.org](mailto:ananda@songbirdcenter.org)

**Pia Darling:** Soul Alignment and Fulfillment through Reiki Infused Hand Analysis  
[CoreFeminineRadiance.com](http://CoreFeminineRadiance.com), 415-855-0993, [pia@songbirdcenter.org](mailto:pia@songbirdcenter.org)

**Puja Dean (see above)**

**Devon Sophia Delaney (see above)**

**Amy Dipman:** Reiki Healing with Intuitive Reading  
[IntuitiveLivingNow.com](http://IntuitiveLivingNow.com), 707-696-8681, [amy@songbirdcenter.org](mailto:amy@songbirdcenter.org)

**Marlene Patterson:** Transformational Hypnotherapy and Wise Mind  
707-508-6739, [marlene@songbirdcenter.org](mailto:marlene@songbirdcenter.org)

**John Sanchez:** Eating Psychology Coach, Relationship Coach - Individual/Couples/Family  
707-484-3097, [john@songbirdcenter.org](mailto:john@songbirdcenter.org)

**Jesse Stark:** Singing Bowl Healing, Meditation, Energy Healing, Relaxation, Stress Relief  
[SingingBowlHealing.com](http://SingingBowlHealing.com), 707-481-0621, [jesse@songbirdcenter.org](mailto:jesse@songbirdcenter.org)

**Terry Trapp:** Holistic Nutrition & Counseling, Iridology, Kinesiology, Herbalist, Reiki Master  
[WholeSpectrumNutrition.com](http://WholeSpectrumNutrition.com), 707-321-4551, [terry@songbirdcenter.org](mailto: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.

## *Additional Wellbeing Support by Songbird Practitioners*

**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](http://EaseintoAwareness.com), 707-333-0055, [susan@songbirdcenter.org](mailto:susan@songbirdcenter.org)

**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. It covers a chapter/month, so jump in anytime! It also includes a mini-Mastermind process to increase success.  
**1<sup>st</sup> Wednesdays (8/29 instead of 9/5), 7:00pm - 8:30pm, \$5.** Upstairs. Register: 877-906-9528

***All Songbird Practitioners are also available for private sessions.***