



# Songbird Community Healing Center

A Supportive Community that Inspires 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

## October Class & Event Calendar, 2018

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

#### **Lifting the Veil of Mysterious Egypt, Juliet Carrillo.**

Explore the mysteries and magic of Ancient Egypt. Connect with the energies of Egyptian Gods and Goddesses. Learn from Egyptian Mystery Schools. Discover Ancient Egyptian Alchemy and how it is essential for our ascension. Receive a channeled meditation by Goddess Sekhmet: a heart opening healing experience. [www.SacredSoulfulJourneys.com](http://www.SacredSoulfulJourneys.com)

**Friday Flock Night, 10/5, 7:00pm-9:00pm, suggested donation \$10-\$20.**



#### **From Surviving to Thriving: What Happens to Your Brain in**

**Disaster, Veronica Bach.** Discover the physical changes that occur in your brain after a disaster or a major life change. Explore tools and how to use your mind to assist your brain to feel safe and to move into equanimity and love. Learn tips to go from surviving to thriving without bypassing the important lessons that grief has to offer.



**Friday Flock Night, 10/12, 7:00pm-9:00pm. suggested donation \$10-\$20.**

#### **Hands of Gold Healing, Songbird Practitioners.**

Explore wellbeing options beyond what the medical system offers. Relax with three 15 minute mini-sessions in a fun and casual environment. Receive support and try out our services for Stress, Anxiety, Depression, Pain, Limiting Beliefs, Transitions, Grief, Trauma, & more. **2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 10/9, 10/23, 7:30pm - 9pm, suggested donation \$15-\$40. Free for those directly affected by the fire.**



*Coming in November!*

**Listen to Your Body, Gail Raborn.** Uncover the messages and payoffs behind your health challenges. Prevent illness/injury and strengthen your ability to heal. Friday Flock Night, 11/9, 7pm-9pm. [TeleHealing.com](http://TeleHealing.com)

### Special Events

**Angelic Reiki 1 & 2, Juliet Carrillo.** Angelic Reiki is the joy of working with the Angelic Kingdom of Light to bring one of the highest forms of healing to individuals, human consciousness and the planet. It is transformational physically, emotionally, spiritually. **Saturday, 10/13, 11am-5pm, Sunday, 10/14, 11-3, \$233.** Register: 650-456-2096, [www.SacredSoulfulJourneys.com](http://www.SacredSoulfulJourneys.com)



*New On-Going Classes: Meditation, Red Tent Women's Wisdom Circle (Details 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.

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**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, 7:00pm - 8:30pm, \$5/class.** Register: 877-906-9528, [www.SweetSoundofSuccess.com](http://www.SweetSoundofSuccess.com)

**Mystic Secrets Tarot, Kooch Daniels.** Practice Tarot for self-discovery, better understanding your relationships, and expanding your ability to use your intuition. Explore symbols, card meanings, and techniques for creating spreads. Bring questions, cards if you have them, and your willingness to dive into card reading.  
**3<sup>rd</sup> Wednesdays, 7:00pm - 8:30pm, donation: \$7-\$22.** Info: 707-876-1980, [www.CyberMystic.com](http://www.CyberMystic.com)

**Red Tent Women's Wisdom Circle, Adriane Hoyt.** Laugh, create, drum, sing, talk, listen and share our stories and wisdom in a Sisterhood healing circle! The red tent is a world-wide movement of WOMEN reclaiming our Power together in ceremony and community. Feel free to wear red and bring a snack to share!  
**Fridays, 10/26, 11/23, 12/21... 7:00pm - 10:00pm, suggested donation \$20.** Info: 609-790-3944

## Weekly Movement & Meditation: Stretch, Relax & Dance

**Meditation, Aaron Katz.** Join in a 20 min guided Buddhist/Hindu meditation with Q/A before and after. This meditation has profound positive effects on your mental, emotional, and physical well-being. Your religion and experience doesn't matter. Only be open minded and desire to experience, learn, and connect..  
**Sundays, 6:00 - 7:00pm, free/donations welcome.** More info.: 707-708-6237.

**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.easeintawareness.com](http://www.easeintawareness.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

**LifeStretch, Mariah Clifton.** LifeStretch is a one hour mobility-stretch class that is gentle, pain free and relaxing. Gain flexibility in mind and body! This is a non-competitive environment to discover where your body is at as we explore and encourage ourselves. Wear comfortable clothes that are easy to move in.  
**Fridays, 5:00 - 6:00pm, \$15.** More info: 415-517-5023, [www.MRCFST.com](http://www.MRCFST.com)

Contact us to Rent Rooms for Your Classes or Private Sessions



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## Wellbeing Services (effective 10/1/18)

### Walk-In Services & Open Hours

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

**Every Thursday: 11am-2pm and 5pm-7pm**

**Every Friday: 11am-2pm and 1<sup>st</sup> & 3<sup>rd</sup>: 2pm-5pm**

**(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



**High Level Reiki, Tarot, Spiritual Guidance, Shana Dean.** Shana is an international Reiki Master Teacher, focusing on chakra balancing, energy clearings and healing shifts. She works intuitively with light Beings, crystal & color frequencies and is a guide for spiritual growth.

**Wednesdays, 11am - 2pm.** [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)

**Coaching & Reiki Healing, Aubrey Rhodes.** If you are looking for healing support, feeling stuck or lost, or just looking for someone to talk to who will listen, see Aubrey. Her sessions are co-active and intuitive, soothing and relaxing. They can help clear trauma held in the body. **3<sup>rd</sup> & 4<sup>th</sup> Thursdays, 11am - 2pm.**

[www.aubreynicholerhodes.com](http://www.aubreynicholerhodes.com), 925-989-6345, [aubrey@songbirdcenter.org](mailto:aubrey@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)

**EFT Tapping, Seamus Duffy.** Seamus accesses the body, mind and spirit's natural ability to heal through EFT Tapping. By addressing an issue directly through speech and pressure points you can safely and effectively relieve discomfort from physical pain, emotional stress and spiritual wounds.

**1<sup>st</sup> & 3<sup>rd</sup> Fridays, 2pm - 5pm,** 707-318-7571, [seamus@songbirdcenter.org](mailto:seamus@songbirdcenter.org)

**(Additional Walk-In Services, Practitioners and Gatherings on back)**

**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, 530-840-6346, devon@songbirdcenter.org*

## Community Healing Gatherings

**Hands of Gold Healing, *Songbird Practitioners*.** Explore wellbeing options beyond what the medical system offers. Relax with three 15 minute mini-sessions in a fun and casual environment. Receive support and try out our services for Stress, Anxiety, Depression, Pain, Limiting Beliefs, Transitions, Grief, Trauma, & 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.**



**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*

**Puja Dean (see above)**

**Amy Dipman:** Reiki Master and Intuitive Guide  
*IntuitiveLivingNow.com, 707-696-8681, amy@songbirdcenter.org*

**Seamus Duffy (see above)**

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

**Aubrey Rhodes (see above)**

**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

**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*

**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

**Mystic Secrets Tarot, *Kooch Daniels*.** Practice Tarot for self-discovery, better understanding your relationships, and expanding your ability to use your intuition. Explore symbols, card meanings, and techniques for creating spreads. Bring questions, cards if you have them, and your willingness to dive into card reading.  
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***All Songbird Practitioners are also available for private sessions.***