



# 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

## September Class & Event Calendar, 2018

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

#### **So Many Great Ideas, So Little Time, Roberta Ryan.**

Explore three questions to help you set priorities, make decisions easier, and move quickly toward your business goals. Why am I really in business? What is non-negotiable for me to feel successful? How do I want to spend my time?

Increase your impact and income. Reduce overwhelm. [www.RobertaRyan.com](http://www.RobertaRyan.com)

**Friday Flock Night, 9/14, NEW TIME: 7:00pm-9:00pm. suggested donation \$10-\$20.**



#### **Autumn Equinox Sound Journey & Celebration, Jesse Stark & Devon Sophia Delaney.**

Have you been experiencing emotional upheaval, tension, and conflict? Would you like to feel more uplifted and confident?

Cleanse, balance, and shift into an uplifting vibration. Through singing bowls, vocal toning, and entertaining lecture, Jesse and Devon will bring you a sense of clarity, comfort, and even enthusiasm for the upcoming season.

[www.singingbowlhealing.com](http://www.singingbowlhealing.com) and [www.positivelysuccess.com](http://www.positivelysuccess.com)

**Saturday, 9/22, 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. **2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 8/28, 9/11, 9/25, 7:30pm - 9pm, suggested donation \$15-\$40. Free for those who were directly affected by the fire.**



#### **Coming in October!**

**Lifting the Veil of Mysterious Egypt, Juliet Carrillo.** Explore the magic of Ancient Egypt. Receive a channeled meditation by Goddess Sekhmet. Friday Flock Night, 10/5, 7pm-9pm. [SacredSoulfulJourneys.com](http://SacredSoulfulJourneys.com)

**From Surviving to Thriving, Veronica Bach.** Become the manifestor of your life through the ancient wisdom teachings of Expanded States. Friday Flock Night, 10/12, 7pm-9pm. [Facebook.com/ExpandedStates](https://www.facebook.com/ExpandedStates)

### *New On-Going Classes (details on back)*

**Mystic Secrets Tarot, Kooch Daniels.** 3<sup>rd</sup> Wednesdays, 7:00pm - 8:30pm

**LifeStretch, Mariah Clifton.** Fridays, 5:00 - 6:00pm

(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.

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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 (8/29 instead of 9/5), 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, suggested donation: \$7-\$22.** Info: 707-876-1980, [www.CyberMystic.com](http://www.CyberMystic.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. **3<sup>rd</sup> 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

**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)

## 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 8/25/18)

### Walk-In Services & Open Hours

**Every Wednesday: 11 am-2pm**

**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.** [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

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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)

**Puja Dean (see above)**

**Devon Sophia Delaney (see above)**

**Amy Dipman:** Reiki Master and Intuitive Guide

*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, 707-481-0621, [jesse@songbirdcenter.org](mailto:jesse@songbirdcenter.org)*

**Terry Trapp:** Holistic Nutrition & Counseling, Iridology, Kinesiology, Herbalist, Reiki Master

*WholeSpectrumNutrition.com, 707-321-4551, [terry@songbirdcenter.org](mailto:terry@songbirdcenter.org)*

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## Additional Wellbeing Support by Songbird Practitioners

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*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.***