



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

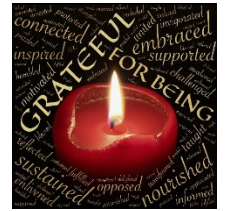
December Class/Event Calendar, 2018

Songbird Presents: Community Education, Healing & Fun

Winter Gratitude Celebration, Songbird Community.

Join us in celebrating as we settle into winter and near the end of a fruitful year. There will be a variety of fun activities for you to express gratitude for what you have and what you want to release including a sound circle with singing bowls, vocal tuning, and tuning forks. Bring family, friends and a potluck dish.

Saturday, 12/15, Potluck: 6pm - 7pm, Activities: 7pm - 9pm, suggested donation \$10-\$20.



New Year's Eve Psychic Intention Setting Party, Songbird Community & You.

Come enjoy a relaxed, casual, and fun evening of informal readings, finger foods, and non-alcoholic refreshments. Set intentions for 2019 through playing with tarot cards, pendulums, intuition, etc. Open to all whether a novice, amateur explorer or professional. Bring cards, divination tools, finger foods, and anything else to share.

Monday, 12/31, 7pm - 10pm, 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. **CANCELLED 12/25.**

2nd & 4th Tuesdays, 12/11, 7:30pm - 9pm, suggested donation \$15-\$40.



Coming in January!

Friday Flock Night, 1/11: Benefits of Hemp & Detox for Health, Wealth & Vitality. Discover the biology of why your body needs cannabinoids for healing and how to detox. www.ThompsonWellnessGroup.com

Saturday, 1/19: Experience Songbird Saturday Open House & Healing Fair. Explore how Sngbird can help you. Enjoy free talks, sample sessions, and the opportunity to hang out and get your questions answered.

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 & Sunday, 12/8 & 12/9, 11am-5pm, \$233.** Register: 650-465-2096, www.SacredSoulfulJourneys.com



(On-Going Classes on back)

Healing Gatherings

Reiki Share, Amy Dipman & Aubrey Rhodes. This is for teachers, practitioners, those interested in sharing in connection and healing, and anyone who would like to learn more about Reiki. The circle will be grounded with a guided meditation, followed by treatments until each person has received healing. www.AubreyNicholeRhodes.com and www.IntuitiveLivingNow.com



1st Sundays, 1:00pm - 3:00pm, \$15-\$20/nobody turned away. RSVP (text preferred) to 925-989-6345.

Energetic Healing, Sovereign Spirit-Runningbear Community. Drop in for free energetic healing and clearing of blocked energy that may be keeping you stuck in old patterns no longer supporting you. Meet and get a feel for Art Runningbear teaching class afterward. Classes and private sessions available too. **Mondays, 6:30pm - 7:30pm, FREE/donations accepted.** More info: Lavinia at 415-233-0177.

On-Going Opportunities to Explore and Connect

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. www.SweetSoundofSuccess.com
1st Wednesdays, 7:00pm - 8:30pm, \$5/class. 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. www.CyberMystic.com
3rd Wednesdays, 7:00pm - 8:30pm, donation: \$7-\$22. Info: 707-876-1980



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!
Friday 12/14 only, 7:00pm - 10:00pm, suggested donation \$20. Info: 609-790-3944

My Best Life Starts Today!, Marie-Josée LeBlanc. Explore the eight areas of wellness and how to create the life you dream and deserve! Work on clarity, self-care, and habits that stick, as well as exploring the main obstacles in your way. Your Best Life Awaits... What if you took the first step to make it happen?
3rd Saturdays, 10am-Noon, \$20/class or \$50/three. Info/Register: 707-835-7835, www.vidyssence.com

Movement & Meditation: 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. Info.: 707-333-0055, www.EaseintoAwareness.com



Gentle Flow Yoga, Regina Follain. Revitalize your body, relax your mind, and reduce stress. Gentle flow yoga synchronizes movement with breath for the ultimate mind body connection. It is a slow paced, meditative class suitable for everyone: beginners, those with injuries, anyone seeking to restore balance.
1st Wednesdays (12/5, 1/2), 5:30 - 6:30pm, by donation. Info: 510-404-3746, www.ReginaFollainYoga.com

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

Contact us to Rent Rooms for Your Classes or Private Sessions!



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Alternative Healing Experiences

Are You Curious about Wellness Options beyond what the Medical system provides?

Walk-In Services & Open Hours (Meet at Stones Throw)

Every Wednesday, Thursday, Friday & 1st/2nd/3rd Saturday: 11 am-2pm

Every Thursday: 5pm-7pm and 1st/3rd Fridays: 2pm-5pm

Walk in for a 15 minute tune-up or a full length session – **Confirm Christmas Week**

Services are 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.



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, 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.**

SageBrushReadings.wordpress.com, 707-566-8219, puja@songbirdcenter.org

Coaching & Reiki Healing, Aubrey Nichole Rhodes. If you are looking for healing support, feeling stuck or lost, or 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. **3rd & 4th Thursdays, 11am - 2pm.**

www.aubreynicholerhodes.com, 925-989-6345, 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, 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

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. **1st & 3rd Fridays, 2pm - 5pm,**

707-318-7571, seamus@songbirdcenter.org

Vortex Healing, Mark Chiang. Mark channels divine energy healing, guided by the divine consciousness of an ancient lineage. Vortex releases karmic patterns underlying psychological, emotional and physical conditions on the incarnational, (past life) genetic, and personality levels for a true return to well-being.

1st & 3rd Saturdays, 11am - 2pm. 415-246-6642, mark@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! **2nd Saturdays, 11am - 2pm.** *DevonSophia.com, 530-840-6346, devon@songbirdcenter.org*

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

Juliet Carrillo: Angelic Reiki Master, Egyptian Sekhem Healer
SacredSoulfulJourneys.com, 650-465-2096, juliet@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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www.CyberMystic.com, 707-876-1980, kooch@songbirdcenter.org

All Songbird Practitioners are also available for private sessions.

(Schedule effective 11/26/18)