



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 17- November Class/Event Calendar, 2018

Songbird Presents: Community Education, Healing & Fun

Listen to Your Body, Gail Raborn.

Your body is constantly talking to you. Are you listening? Uncover the message behind your health challenges. Discover payoffs to illness/injury. Strengthen your ability to heal. Prevent future illness & injury. Deepen love of your amazing body. Learn Body/Mind Communication skills through Hypnosis and Guided Imagery. www.TeleHealing.com

Friday Flock Night, 11/9, 7:00pm-9:00pm, suggested donation \$10-\$20.



Art of Relaxation and Self-Care, Eoanna Passidakis.

Neutralize stress, increase your energy, and enhance your productivity. Empower yourself with Eoanna's "Tranquility Zone" tools and techniques. Discover what drains you. Learn a tool to accomplish more, faster! Expose beliefs that keep you addicted to adrenaline. Explore tools to go from Chaos 2 Calm! Find keys to navigate from intuition. www.TranquilityZone.net

Friday Flock Night, 11/16, 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. **2nd & 4th Tuesdays, 10/23, 11/13, 11/27, 7:00pm - 8:30pm, suggested donation \$15-\$40. Free for those directly affected by the fire.**



Coming in December!

December 1: Cotati Shop & Stroll. Old Redwood Hwy will be blocked off from La Plaza to Page St. Carriage rides, live music and Santa will create a festive holiday vibe. Songbird will be having an open house.

December 15: Winter Solstice Gratitude Party. Enjoy a variety of fun activities and a sound journey to help you express gratitude for what you have and what you want to release.

December 31: New Year's Eve Psychic Intention Setting Party. Enjoy a relaxed, casual, and fun evening of informal readings, conversation, finger foods, and non-alcoholic refreshments.

New On-Going Classes

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.

(On-Going Classes on back)

On-Going Opportunities to Explore and Connect

Sovereign Spirit-Runningbear Community Healing Nights. Classes and private sessions available too. **Mondays, 6:30pm - 7:30pm, FREE.** 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. 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!
Fridays, 10/26, 11/23, 12/21... 7:00pm - 10:00pm, suggested donation \$20. Info: 609-790-3944

Weekly 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. 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 through 11/14, \$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

Contact us to Rent Rooms for Your Classes or Private Sessions



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Wellbeing Services (effective 10/17/18)

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

Every Wednesday, Thursday, & Friday: 11 am-2pm

**Plus Every Thursday: 5pm-7pm, 1st & 3rd Fridays: 2pm-5pm and
2nd Saturday: 11am-2pm**

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.



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 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. **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

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

(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

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.