



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

January Class/Event Calendar, 2019

Songbird Presents: Community Education, Healing & Fun

Hemp and Detox for Health, Wealth & Vitality, Heidi Thompson.

Discover the biology of why your body needs cannabinoids to assist its healing. Explore how to gently but effectively detox your body from mold, Glyphosate, heavy metals, and toxins. Learn how to have more energy, joy, mental clarity, and less stress. Bring your body into balance. www.ThompsonWellnessGroup.com

Friday Flock Night, 1/11, 7:00pm - 9:00pm, suggested donation \$10-\$20.



Experience Songbird Saturday Open House & Healing Fair.

Are you curious about alternative health, but don't know where to turn?

Is the mainstream medical system meeting all your needs?

Discover how Songbird can help you handle chronic health challenges.

Enjoy informational/interactive talks (FREE) and wellbeing mini-sessions

(\$20/three, \$15/two, \$10/one). Explore our offerings. **Saturday, 1/19, 2:00pm - 5:30pm.**



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, 1/8 & 1/22, 7:00pm - 8:30pm, suggested donation \$15-\$40.



Coming in February!

Friday Flock Night, 2/8: Healing Happens, Avital Miller. Gain cutting-edge natural healing insights and hear inspirational stories from her book of experts curing themselves against all odds. www.AvitalMiller.com

Friday Flock Night, 2/22: The Soul of Illness, Kimberly Hoffman, ND. Discover how to address the root causes of illness and return to a state of long-lasting joyous and healthy living. www.TruHealthMedicine.com

Special Events

Intuitive Development Level One Training, Terry Lynn Trapp. Raise your vibration in the New Year! Open up your intuition in a comfortable, fun environment! Learn grounding, releasing, running energy, protection, and reading chakra & auras! Find out how to connect to your Higher Self, Spirit Guides, and Angels. Discover your Life Purpose and how to manifest it.

12 Thursdays starting 1/10, 6:00pm - 8:00pm, \$35/class (series of 12). Register: 707-321-4551.



Introduction to Stanford's Compassion Cultivation Training (CCT), Sylvia Dolce.

Discover how you can train your mind and heart through evidence-based practices that tap into your innate capacity for kindness, empathy, love and compassion. Benefits include increased mindful awareness, resilience and wellbeing. Find out about the transformational 8-week training.

Thursday, 1/17, 6:00pm - 8:00pm, FREE, Info.: 650-223-4087, www.IntegrativeSelfCare.com



(On-Going Classes on back)

On-Going Opportunities to Explore and Connect

Manifesting Your True Gold Self, *Jasmine Gold*. What holds you back from the life of your dreams? Discover the blocks. Transform the limiting fears and beliefs. Create a life based on intention and love. There will be visualization, discussion, exercises, and tools based on the Toltec teachings of don Miguel Ruiz, author of the *Four Agreements*. **NEW starting 1/6! 1st Sundays, 10:00am - 11:30am, \$15-\$20 sliding scale.**



Sacred Feminine Starseed Circle, *Devon Sophia Delaney*. All women welcome who are in awakening, resonance, embodiment, alignment, and integration with the Sacred Feminine energy. Be supported on your awakened path, remember and rise as a Divine Human. Devon is a messenger of the Sacred Feminine, with love, truth and wisdom, for your soul's journey. **NEW starting 1/20! 3rd Sundays, 1:00pm - 3:00pm, sliding scale \$5-\$15.** www.devonsophia.com



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



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

Sound Bath, *Rebecca Barbaree & Jesse Stark*. This concert for relaxation and healing has no water or bath, just beautiful healing vibrations that "wash" away stress and leave you refreshed. The sounds vibrate deep into your body, releasing tension and balancing your energy. Experience a powerful, ancient healing practice! **NEW! Saturdays, 1/26, 2/23 & then 3rd Saturdays, 7:00pm - 8:00pm, \$20.** www.SoundHealingwithRebecca.com and SingingBowlHealing.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. **Wednesday 1/2 only, weekly in Feb., 5:30 - 6:30pm, donation.** 510-404-3746, www.ReginaFollainYoga.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 starting 1/22, 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



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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 and 1st/3rd Saturday: 11 am-2pm

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

Walk in for a 15 minute tune-up or a full length session

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 Practitioners and Gatherings on back)

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. **2nd & 4th Tuesdays, 7:00pm - 8:30pm, 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

Ananda Deviika Ma A'charya': Tibetan Cranial Healing, Reiki, Yoga Therapy
AnandaWellness.org, 707-478-2745, ananda@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

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.

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

All Songbird Practitioners are also available for private sessions.

Available by appointment only:

Devon Sophia Delaney: Intuitive Sound Healing, Energy Alignment, and Vocal Toning Training.
DevonSophia.com, 530-840-6346, devon@songbirdcenter.org

Vicki Van Winkle, MFA, MFT: Trauma Specialist, Psychotherapist, Yoga of the Heart Meditation
VickiVanWinkle.com, 707 338-6177, vicki@songbirdcenter.org

(Schedule effective 1/1/19)