



# 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

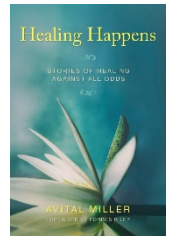
stonestrowgifts.com

## January 20-February Event Calendar, 2019

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

#### Healing Happens: Stories of Healing Against All Odds, Avital Miller.

Join this interactive experience to gain cutting-edge insight on how to approach natural healing with quick and easy do-it-yourself techniques. Engage in the inspiration from the best-selling and award-winning book *Healing Happens* where health and healing experts cured themselves and others despite dire medical prognoses from over twenty illnesses. [www.AvitalMiller.com](http://www.AvitalMiller.com)



**Friday Flock Night, 2/8, 7:00pm - 9:00pm, suggested donation \$10-\$20.**

#### The Soul of Illness: Addressing the Root Causes of Symptoms and Diseases, Kimberly Hoffmann, ND.

Symptoms inform us about what needs to be healed at the deepest level. Discover what it means to address the REAL root causes of illness and learn about the steps that need to be made to return to a state of long-lasting joyous and healthy living. [www.TruHealthMedicine.com](http://www.TruHealthMedicine.com)



**Friday Flock Night, 2/22, 7:00pm - 9:00pm, suggested donation \$10-\$20.**

#### Coming in March!

**Friday Flock Night, 3/8: Rediscover Your Heart & Soul for Self Advancement, Diane Borges.** Reconnect to your heart, soul, & the Universe to regain your power & live a more fulfilled life. [www.BorgesExperience.com](http://www.BorgesExperience.com)

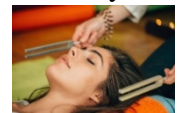
**Friday Flock Night, 3/22: Consciously Creating Inner Peace & Wellness, Jewel Shield.** Explore paths for peace & well-being through sound, music, creativity, meditation & mindfulness. [www.Jewel-Shield.com](http://www.Jewel-Shield.com)

### Special Events

**Santa Rosa Holistic Chamber of Commerce Monthly Meeting, Dr. Melanie Palomares,** preventive oncologist, certified health coach, and award-winning author will speak on the Cancer Prevention Movement which she established to empower individuals with knowledge and tools to minimize cancer risk.

**Thursday, 2/7, 6:00pm - 8:30pm, FREE. Networking 30 minutes before and after.**

**Sound Mind, Sound Body: The Basics of Tuning Fork Sound Healing, Sue Wilhite.** Do you feel "high strung," "low key," "tuned out?," "discord" or lack of "harmony" in your life? Our brains and bodies have frequencies that get out of tune. Our language describes the sounds we experience. Reset your "vibe." Get "in tune" with yourself. [www.SweetSoundofSuccess.com](http://www.SweetSoundofSuccess.com)



**Wednesday, 2/13, 7:00pm - 9:00pm, \$10 before 2/12, \$15 at door.** Register: <https://bit.ly/smsb201902>

#### Kriya Yoga Initiations, Yogacharya Richard Peterson & Swami Purnatmananda.

Kriya Yoga cultivates body, mind, and intellect using a powerful meditative practice. This develops a one-pointed mind, enabling us to penetrate deep levels of consciousness and to change our lives. Initiations followed by technique instruction and meditation. [www.kriyayoga.org](http://www.kriyayoga.org)

**Saturday, 2/17-Sunday, 2/18, 9am - 5:30pm, \$180 + 5 fruits/5 flowers.** Info.: Lauren Darges, 707-971-0340.

(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*.  
**1<sup>st</sup> 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.  
**3<sup>rd</sup> 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  
**1<sup>st</sup> 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  
**3<sup>rd</sup> 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?  
**3<sup>rd</sup> 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! **Saturdays, 1/26, 2/23 & then 3<sup>rd</sup> 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.  
**Wednesdays in Feb., 5:30pm - 6:30pm, \$10/class or \$40/five.** 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, 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 1<sup>st</sup>/3<sup>rd</sup> Saturday: 11 am-2pm

Plus Every Thursday: 5pm-7pm

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.



**Chakra Balancing & Reiki Healing w/ Intuitive Reading, Amy Dipman.** Chakra balancing helps you clear physical and emotional blocks, expand your intuition and embody your true essence. Relax, release, receive and restore with Reiki, followed by an intuitive reading. **1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, 11am - 2pm.**

[www.IntuitiveLivingNow.com](http://www.IntuitiveLivingNow.com), 707-696-868, [amy@songbirdcenter.org](mailto:amy@songbirdcenter.org)



**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. **2<sup>nd</sup> & 4<sup>th</sup> 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 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. **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)

**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.

**1<sup>st</sup> & 3<sup>rd</sup> Saturdays, 11am - 2pm.** 415-246-6642, [mark@songbirdcenter.org](mailto: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. **2<sup>nd</sup> & 4<sup>th</sup> 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](mailto:jasmine@songbirdcenter.org)

**Ananda Deviika Ma A'charya':** Tibetan Cranial Healing, Reiki, Yoga Therapy  
[AnandaWellness.org](http://AnandaWellness.org), 707-478-2745, [ananda@songbirdcenter.org](mailto:ananda@songbirdcenter.org)

**Juliet Carrillo:** Angelic Reiki Master, Egyptian Sekhem Healer  
[SacredSoulfulJourneys.com](http://SacredSoulfulJourneys.com), 650-465-2096, [juliet@songbirdcenter.org](mailto:juliet@songbirdcenter.org)

**Puja Dean (see above)**

**Amy Dipman:** Reiki Master and Intuitive Guide  
[IntuitiveLivingNow.com](http://IntuitiveLivingNow.com), 707-696-8681, [amy@songbirdcenter.org](mailto:amy@songbirdcenter.org)

**Seamus Duffy:** EFT Tapping  
707-318-7571, [seamus@songbirdcenter.org](mailto:seamus@songbirdcenter.org)

**Marlene Patterson:** Transformational Hypnotherapy and Wise Mind  
707-508-6739, [marlene@songbirdcenter.org](mailto:marlene@songbirdcenter.org)

**Aubrey Rhodes (see above)**

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

**Terry Trapp:** Holistic Nutrition & Counseling, Iridology, Kinesiology, Herbalist, Reiki Master  
[WholeSpectrumNutrition.com](http://WholeSpectrumNutrition.com), 707-321-4551, [terry@songbirdcenter.org](mailto: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](http://www.AubreyNicholeRhodes.com) and [www.IntuitiveLivingNow.com](http://www.IntuitiveLivingNow.com)  
**1<sup>st</sup> 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](http://EaseintoAwareness.com), 707-333-0055, [susan@songbirdcenter.org](mailto: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](http://DevonSophia.com), 530-840-6346, [devon@songbirdcenter.org](mailto:devon@songbirdcenter.org)

**Vicki Van Winkle, MFA, MFT:** Trauma Specialist, Psychotherapist, Yoga of the Heart Meditation  
[VickiVanWinkle.com](http://VickiVanWinkle.com), 707 338-6177, [vicki@songbirdcenter.org](mailto:vicki@songbirdcenter.org)

(Schedule effective 2/1/19)