



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

April Event Calendar, 2019

Songbird Presents: Community Education, Healing & Fun

Yoga for the Eyes, Pnina Zoharah.

Are you ready to say goodbye to glasses? Did you know that posture, emotions, and the nervous system affect your vision? Explore vision healing techniques and the 10 principles for better vision. Increase the connection between your body, mind and spirit. Pnina Zoharah, founder of Movement and Spirit for Vision, has over 25 years of experience. www.YogaEyesforVision.com



Friday Flock Night, 4/12, 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, 4/27, 2:00pm - 5:30pm.**



Coming in May!

Friday Flock Night, 5/17: Sound Healing Harmony, Jesse Stark. An enlightening and relaxing mix of sound, visualization & meditation to shift your energy, others, and the planet. www.SingingBowlHealing.com

Friday Flock Night, 5/31: Finding Happiness, Sanity & Innate Wild Agility in Our Crazy World, Francis Rico. Ceremony & shamanic practices to support you living as the gift you are. www.ShamanZone.com

Special Events

Santa Rosa Holistic Chamber of Commerce Monthly Meeting. Want to network and learn how to easily express yourself? You will be given 30 seconds to introduce your practice/business. SRHCC members will be given time to introduce their upcoming events. Speaker Gail Raborn: Talking to Angels.

Thursday, 4/4, 6pm - 7:30pm, FREE. Come early & stay after for 30 minutes of networking at each end.

Back to Comfort, Susan Hammond. Is back pain limiting you in your daily life? Learn to walk more comfortably and sit more effectively to reduce pain and discomfort. These gentle, easy lessons guide you towards better alignment, flexibility and efficient movement.

Saturday, 4/13, 10am - 1pm, \$60. Register: 707-333-0055, www.EaseintoAwareness.com

Dancing with Your Eyes for Better Vision, Pnina Zoharah. Do you know that dance movement therapy can help heal vision and change eyesight? Are you ready to shake your body, wake up your nervous system and expand awareness? Master powerful tools to change your vision. Bloom into new vision!

Sunday, 4/14, 10am - 4pm, \$125 (\$100 in advance). Pre-registration required: www.YogaEyesforVision.com

Reiki Level One Workshop, Terry Trapp. Do you feel called to be a healer? Learn this sacred healing art that promotes health on a physical, emotional, mental & spiritual level! Reiki's benefits include stress reduction, relaxation, pain relief, and well-being on all levels! You will receive an attunement, manual and certificate.

Sunday, 4/14, 10am - 4pm, \$125 + \$19.99 for manual. Register: 707-321-4551.

(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*.



Sunday, 3/31, 4:00pm – 6:00pm, \$15-\$20 sliding scale. Six month group starts 1st Sundays in May.

Intuitive Development Circle, *Christine Engblom*. This open development circle focuses on specific themes each meeting. There is always discussion, meditation, and practice reading one another. More details, themes, and registration at www.christineengblom.com/workshops.html

1st & 3rd Tuesdays (plus 4/30), 7:00pm - 9:00pm, \$25 at door/\$20 in advance. Info.: 707-595-8942

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 (moved to 3/27), 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*. 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!

3rd Saturdays, 7:00pm - 8:00pm, \$20. www.SoundHealingwithRebecca.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 2nd/4th Saturday: 11 am-2pm

Plus Every Thursday: 5pm-7pm

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

\$20 for 20 minutes or sliding scale \$1-\$2/minute for other lengths.

- 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. **1st & 3rd Wednesdays, 11am - 2pm.**

www.IntuitiveLivingNow.com, 707-696-868, 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. **2nd & 4th 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

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.

2nd & 4th 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: EFT Tapping
707-318-7571, seamus@songbirdcenter.org

Marlene Patterson: Transformational Hypnotherapy and Wise Mind
707-508-6739, marlene@songbirdcenter.org

Rebecca Pierce: ThetaHealing
GoldenOctaveHealing.com, 707-772-7535, rebecca@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 Healings, Art Runningbear's Community. Sovereign Spirit Community invites you to drop in for your Energetic Healing & Clearing of stuck energies weighing you down. Private Sessions Available.
Mondays, 6:30pm - 7:00pm, FREE. More info: aRunningbearCommunity@gmail.com

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 by appointment.

Available by appointment only:

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

(Schedule effective 3/23/19)