



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

May Event Calendar, 2019

Songbird Presents: Community Education, Healing & Fun

Experience Songbird Saturday Open House & Healing Fair, 4/27, 2pm-5:30pm

Sound Healing Harmony, Jesse Stark.

Reach a deeper sense of peace of mind and love in your heart. This enlightening and relaxing evening combines sound, visualization, affectionate thought waves and meditation to help reduce stress, alter consciousness, improve health, create a deep sense of peace, and radiate your energy emotionally and physically. www.singingbowlhealing.com



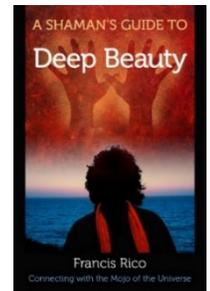
Friday Flock Night, 5/17, 7:00pm - 9:00pm, suggested donation \$10-\$20.

Finding Your Happiness, Sanity and Innate Wild Agility in Our Distressed and Crazy World, Francis Rico.

Explore Living Ceremony and shamanic practices that support your capacity both to live your life as the gift you are and to share the gifts you bring. Step onto the path of mutual benefit. Recover the wild power of your authentic self.

Unleash the irresistible mojo of your inner beauty. www.Shamanzone.com

Friday Flock Night, 5/31, 7:00pm - 9:00pm, suggested donation \$10-\$20.



Coming in June!

Sunday, 6/23: Self Care Sunday, Amy Dipman, Sue Wilhite, Jasmine Gold & more. Start your summer stress-free with an afternoon of nurturing your inner body. When was the last time you pampered your soul?

Special Events

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

Wednesday, 5/8, 7:00pm - 9:00pm, \$10 before 5/7, \$15 at door. Register: <http://bit.ly/smsb0519>



A Taste of Teotihuacan, Jasmine Gold. Take part in an inner visual journey and guided meditation to help you release what holds you back from creating your dream life. Follow the path of a spiritual power journey through the ancient Toltec Pyramid complex of Teotihuacán. Exercises and music will help you discover your blocks and transform your limiting beliefs. .

Sunday, 5/19, 4pm - 6pm, \$25. Info: jasmine@songbirdcenter.org



Crystal Light Table Demonstration, Simon Emsley. Learn about the Crystal Light Table, a unique energy tool that combines ancient and modern healing modalities. Treatments with this scientifically crafted crystal light table produce consistent and remarkable results. One lucky winner will receive a free One Hour Session. You must be present at this Demonstration to win. Repeated 6/27.

Thursday, 5/30, 7pm - 8pm, FREE. \$60. Info.: 707-843-3811, www.iasowellnesscenter.com



(On-Going Classes on back)

On-Going Opportunities to Explore and Connect

Energetic Healings, *Art Runningbear's Community*. 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

Meditation & Healing Classes, *Art Runningbear*. Meet Art Runningbear & get a feel for his
Mondays, 7:00pm - 9:00pm, \$20 Beginner's class donation. Info: aRunningbearCommunity@gmail.com

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

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.**



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*. 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



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 (Meet at Stones Throw)

Every Wednesday through Saturday: 11 am-2pm & 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.
- 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. **3rd & 5th 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 imbalance. 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

Reiki, Psychic Readings, EFT/Tapping & Nutrition, Cecile Marie. Come experience Cecile's deep and soothing healing, as well as clarity regarding karmic blockages and your soul's contracts in all areas of your life. Her sessions can range from pain release to an exotic journey into your akashic records. **1st, 3rd, & 5th Saturdays, 11am - 2pm.** 510-501-3290, cecile@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

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

Amy Dipman: Reiki Master and Intuitive Guide
IntuitiveLivingNow.com, 707-696-8681, amy@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

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

Aubrey Rhodes. Cecile Marie, Puja Dean (see above)

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, \$10-\$20/nobody turned away. RSVP (text preferred) to 925-989-6345.



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 4/24/19)