



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

August Event Calendar, 2019

Special Events

Yoga for the Eyes: Better Vision for a Better Life, Pnina Zohorah.

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 10 principles for better vision. Increase the connection between your body, mind and spirit. www.YogaEyesforVision.com

Six Thursdays, 8/15-9/19, 6:30pm-8:30pm. Register/Info.: 628-243-2939, pninazoharah@gmail.com



Angelic Reiki, Juliet Carrillo. Angelic Reiki is a gentle, loving, high frequency, multi-dimensional system of healing and consciousness expansion that allows connection through the Angelic Kingdom of Light to your soul energy. It provides a permanent connection to the Angelic Kingdom of Light and attunes you to work with beings of light in the higher dimensions.

Saturday, 8/17, 11:00am - 1:00pm, \$20. Register/Info.: 650-465-2096, www.JulietCarrillo.com



Experience More EASE In Your Business, Janet Caliri. Would you like to have more ease in your day to day operations and business? Are you currently going through a business or personal change that is having an impact on your productivity, focus and joy? Are you feeling the struggle and resistance with what is not working? Feeling burnt out? Rise out of that suffering and be free. www.VisibleTransitions.com

Saturday, 8/17 or Friday, 8/30, 9:00am - 1:00pm, \$97. Register/Info.: 323-252-0963, janet@janetcaliri.com

Introduction to the Pachakuti Mesa Tradition (PMT), Greg Iadarola & Terri

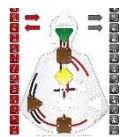
Benning. This is a daylong introduction into a living lineage of Peruvian Shamanism. Participants will learn the cosmology and lineage, setup, activation, journeying, limpieas, breathwork and a medicine song. Open to all. No prior experience necessary.

Saturday, 8/24, 10:00am - 5:00pm, \$50-75. Register/Info.: karma_kunzang@outlook.com



Human Design Workshop, Cécile Marie. Have you always felt different? Misunderstood? Do you struggle to make decisions or get what you want? Human Design gives you a natal chart, like astrology, that tells you how to operate in thvvrfe world "correctly" and respect your "inner authority." Learn how to make decisions with your body rather than your mind. Get clear on your life purpose.

Sunday, 8/25, 2:00pm - 4:00pm, \$20. Info.: 510-501-3290



On-Going Opportunities to Explore and Connect

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.



Reclaim & Reframe Your Life through Toltec Recapitulation Breathing, Jasmine Gold.

This ancient and powerful tool for transforming limiting fears and beliefs at an energetic level can help you discover and remove the old energy stored in your memories. Experience multiple breathing sessions and learn to recapitulate your life.

3rd Sundays, 4pm - 6pm, \$20. Info: jasmine@songbirdcenter.org



(On-Going classes continued on back)

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, 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.**



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



Movement & Meditation: Stretch, Relax & Dance

QiGong, *Dr. Amba Ann Marie Dryg*. This class combines many Qigong seated and standing moving meditations. Classes will sometimes also include a small amount of Yoga Asana and Pranayama as well as Tummo meditation practice. Every class will be unique. Intake and consent form required due to healing side effects from a teacher who is a Doctor of Medical Qigong Energy Medicine. www.SitWellness.com

Tuesdays & Thursdays, 7:30am - 8:30am, \$20/class or \$108 unlimited/month. Info.: 415-378-9186

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 a world-wide transformational movement practice that integrates music, movement and authentic connections to expand our capacity to live in the present. Using engaging music from around the world, it cultivates joy and aliveness, enriches relationships, and ignites creative expression. Open to all levels, ages, walks of life. **Wednesdays, 7:15 - 9:15pm, \$20/2nd class free.** Register: 415-994-6017

Talk to us about renting space for your classes and events!



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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

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.



Angelic Reiki & Egyptian Sekhem Healing w/ Intuitive Reading, Juliet Carrillo. Balance your chakras and release what no longer serves you. Harmonize all aspects of your being on a physical, mental, emotional and spiritual, level, supporting your bodies' own natural healing processes. **1st, 3rd, & 5th Wednesdays, 11am - 2pm.** www.JulietCarrillo.com, 650-465-2096, juliet@songbirdcenter.org

Ear Seed Acupressure & Cupping, Chelsa Lindan, LAc. Ear seeds can relieve stress, anxiety, depression, detoxification, digestive issues, insomnia, fatigue, headaches, and more through small adhesive backed vaccaria seeds applied to specific ear-points. Cupping provides deep muscle tension relief, increased blood flow, and fascia release. **Friday 8/9 & Wednesday, 8/14, 11am - 2pm.** 928-274-4042, chelsa@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. **Wednesday, 8/28, 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



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

Clairvoyant Reiki, Intuitive Readings and Human Design, Cécile Marie. Cécile receives information through clairvoyance, clairsentience and channeling. She channels Shamballa reiki energy, brought on Earth through ascended master Saint Germain. Experience deep and soothing healing, release pain and find clarity regarding love and direction. **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

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. Find Trevor at the Thursday Cotati & Friday Rohnert Park Farmer's Markets, TrevorCoghlan.com, 707-236-0068, trevor@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, Animal Reiki
JulietCarrillo.com, 650-465-2096, juliet@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, Chelsa Lindan, 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 7/23/19)