Songbird Presents: Community Education, Healing & Fun

Egyptian Sekhem Reiki, Juliet Carrillo.
Explore and experience Egyptian Sekhem, an ancient healing taught in early Egypt. Sekhem healing is channeled similar to Reiki, but with its own distinctive vibration. It is associated with Egyptian Goddess Sekhmet. Receive a group healing- a channeled meditation with Egyptian Goddess Sekhmet. Learn the benefits of Sekhem Healing in our modern day life. www.JulietCarrillo.com

Friday Flock Night, 6/28, 7:00pm - 9:00pm, suggested donation $10-$20.

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, 6/26, 7:00pm - 9:00pm, $10 before 6/25, $15 at door. Register: http://bit.ly/smsb201906

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.

Thursday, 6/27, 7:00pm – 8:00pm, FREE. Info.: 707-843-3811, www.iasowellnesscenter.com

QiGong, Dr. Amba Ann Marie Dryg. Starts 7/16! 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

Egyptian Sekhem Workshop, Juliet Carrillo. Egyptian Sekhem is a high vibration intelligent, gentle healing energy. Sekhem is an ancient living consciousness associated with the star system Sirius and the Central Sun. Become attuned to ancient Egyptian Spiritual Alchemy and connect with Goddess Sekhmet’s powerful healing energy. www.JulietCarrillo.com

Saturday, 7/20, 11:00am - 5:00pm, $233. Register: 650-465-2096

Coming in August!


Six Thursdays starting 8/1, 7:00pm-9:00pm. Register/Info.: 628-243-2939

(On-Going classes on back)
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

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. Starts 7/16! 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 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
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 except 7/3 & 7/4
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

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

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
- **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)**

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Additional Wellbeing Support by Songbird Practitioners

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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 6/25/19)*