



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

Stones Throw

Local Gifts, Art, Crystals

8297 Old Redwood Hwy

707-242-6669

stonestrowgifts.com

September Event Calendar, 2019

Songbird Presents: Community Education, Healing & Fun

Reiki Share, Songbird Practitioners & other Reiki Masters.

Enjoy a relaxing afternoon of healing and stress reduction. A Reiki Share consists of many healing hands on one person at a time. Group Reiki energy can be a powerful and wonderful experience. It's a great opportunity to share your Reiki skills while meeting other Reiki practitioners. Guests welcome to come explore and participate through sending love and light.

2nd Sundays, 9/8, 1:00pm - 3:00pm, suggested donation \$10-\$20. RSVP by text to 707-321-4551.



Wellness Explorium.

Do you dream of a healthy you? Our local practitioners and vendors can help you navigate the maze of wellness options and guide you on your personal path to wellbeing in body, mind, and spirit. Enjoy talks, demos, mini-sessions, and wellness products for PTSD, stress, depression, anxiety, pain and many other issues. All ages welcome.

Sunday, 9/29, 1:00pm - 4:00pm, Free. Some services have a small cost.



Coming in October!

Past Life Regression, Maria Porter. Explore a past life to gain insight about yourself and why you are here.

Special Events & New On-Going Events

Sound Journey, Jesse Stark. Come relax and experience a Sound Journey with the soft and calming vibrations of Tibetan singing bowls. Align and restore your energy field naturally, release any tension or stress in a positive and loving atmosphere. Great platform for Meditation, self-focus, or raising the vibration of the planet.

2nd Saturdays, 7:00pm - 8:00pm, \$20. Info.: 707-481-0621, SingingBowlHealing.com



On-Going Opportunities to Explore and Connect

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, 2pm - 4pm, \$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

Thursdays, 7:30am - 8:30am, \$20. 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.



High Frequency Energetic Transmissions for Health & Empowerment, Grace Garneau. Based on your healing intention, sessions may include placing crystals on the body, vocal toning, chakra restructuring, hara re-alignment, past life healing or emotional clearing. Leave feeling peaceful, grounded, and revitalized. **1st, 3rd & 5th Wednesdays, 11am - 2pm.** www.LettingLoveIn.com, 928-274-2086, grace@songbirdcenter.org

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. **Wednesday, 9/10, 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. **Wednesday, 9/24, 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

Ear Seed Acupressure & Cupping, Chelsea 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. **3rd & 4th Thursdays, 11am - 2pm, 11am - 2pm.** 928-274-4042, chelsea@songbirdcenter.org
Substituting Friday, 9/13 & 9/20



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

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

Cécile Marie, Chelsa Lindan, Puja Dean (see above)

Reiki Share, Songbird & other Reiki Masters. Enjoy a relaxing afternoon of healing and stress reduction. A Reiki Share consists of many healing hands on one person at a time. Group Reiki energy can be a powerful and wonderful experience. It's an opportunity to share your skills and meet other practitioners. Guests welcome to explore and participate sending love and light.
2nd Sundays, 1:00pm - 3:00pm, \$10-\$20/nobody turned away. RSVP by text to 707-321-4551.



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

Trevor Coghlan, Vitality Massage Therapy: Trevor has been practicing as a certified Massage Therapist for over 4 years. He offers a blend of both eastern and western massage styles focused on restoring the body's natural alignment and range of motion. TrevorCoghlan.com, 707-236-0068, trevor@songbirdcenter.org

(Schedule effective 8/26/19)