January Event Calendar, 2020

Ten Year Anniversary Open House
Come celebrate our many exciting milestones.
- Songbird turning 10.
- Hands of Gold Clinic turning 15.
- Stones Throw turning 5 (10/1/19).

Saturday, January 11
1:00pm-4:00pm
Share your memories of the past, and hopes for the future.

Songbird Presents: Community Education, Healing & Fun
Teotihuacan: A Journey into Light, Francis Rico and Jasmine Gold.
Experience an evening of magic and mystery. Discover the radiant beauty of Teotihuacan. Explore how you can become an Artist of Spirit and connect with your innate gifts. www.shamanzone.com
Friday, 1/24, 7:00pm – 9:00pm. Free/Donations Welcome.
We’ll have a thank you gift from Teotihuacan.

Songbird Presents: On-Going Healing Events
Reiki Share, Jasmine Gold, Terry Trapp, Cecile Marie, & 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 and can be a powerful and wonderful experience. Share your skills and meet other practitioners. Everyone gives and receives. Guests welcome to participate.
2nd Sundays, 1:00pm - 3:00pm, $10-$20/nobody turned away. RSVP by text to 707-321-4551.

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.

(On-Going Classes on back)
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 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.


**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, 9:30am - 10:30am, $20.* Info.: 415-378-9186

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, 1/19/then 2nd Sundays, 4:00pm – 6:00pm, $15-$20 sliding scale.*

**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 and get a feel for his teaching.

*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.christine-engblom.com/workshops.html

*1st & 3rd Tuesdays, 7:00pm - 9:00pm, $25 at door/$20 in advance.* Info.: 707-595-8942

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

Our large 630 square feet room is suitable for lectures, workshops, yoga, dance, martial arts, drumming, sound journeys, meditation, movies, and more.

Our small 180 square feet room is perfect for gatherings of 5-20 people or as a large treatment room.

Our two 100 square feet downstairs treatment rooms can be used for massage, energy healing, therapy, psychic readings, and more. They are rented hourly or part time.

See our website or contact us for more information and a list of our affordable rates.
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. **Wednesdays, 11am - 2pm.** [www.LettingLoveIn.com](http://www.LettingLoveIn.com), 928-274-2086, grace@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

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](http://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

(continued 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.*

**Regular Practitioners (some monthly, some twice/month, some occasional):**
- **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
- **Marielle Black:** Energetic Clearing, Intuitive Readings  
  707-494-8547, marielle@songbirdcenter.org
- **Juliet Carrillo:** Angelic Reiki Master, Egyptian Sekhem Healer, Animal Reiki  
  JulietCarrillo.com, 650-465-2096, juliet@songbirdcenter.org
- **Puja Dean:** Psychic Spiritual Counseling, Clairvoyance, and Tarot  
  SageBrushReadings.wordpress.com, 707-566-8219, puja@songbirdcenter.org
- **Spirit Olevia:** Clairvoyant Readings  
  707-971-1847, spirit@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
- **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, 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.*

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**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:** Eastern and Western massage focused on restoring natural alignment and range of motion.  
  TrevorCoghlan.com, 707-236-0068, trevor@songbirdcenter.org

*(Schedule effective 11/26/19)*