



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

March Event Calendar, 2020

Special Events

Discover Your Unique Healthy Balance through Ayurveda's Timeless Wisdom, Nalini Ramiji. Ayurveda – an ancient healing science from India – defines health as “being established in one’s self.” How can we learn the timeless principles of Nature recorded by the Indian sages and decode the body’s cues to restore our own health?

Saturday, 3/7, 10:00 - 11:30am. Free. Info: (707) 726-2987 (call/text)



Reiki Level One Workshop, Terry Trapp. Do you feel called to be a healer? Learn this sacred healing art that promotes health on a physical, emotional, mental & spiritual level! Reiki's benefits include stress reduction, relaxation, pain relief, and well-being on all levels! You will receive an attunement, manual and certificate.

Sunday, 3/29, 10am - 6pm, \$125 + \$19.99 for manual. Register: 707-321-4551.



Songbird Presents: On-Going Healing Events

Reiki Share, Jasmine Gold, Terry Trapp, & 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.



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. **Wednesdays, 7:15 - 9:15pm, \$20.** Register: 415-994-6017.

Qigong, Philip Toledo.

Qigong includes high level meditation, sitting, and movement to help you to live in the moment and enhance your power of manifestation. The benefits include inner peace, a deeper connection to your light within, and raising your vibration to bring you good health. Master Toledo has 35 years of experience. **Thursdays, 9:30am - 10:30am. Free/Donations.** Info: 832.545.4084



(Additional On-Going Classes on back)

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*.
2nd Sundays, 4:00pm - 6:00pm, \$20



Energetic Healings, *Art Runningbear's Community*. Come, experience Energetic Clearing and Healings of stuck energy that get in the way of your innate true Self.
Mondays, 6:30pm - 7:00pm, FREE. More info: aRunningbearCommunity@gmail.com

Meditation, Self-Empowerment Tools & Practice, *Art Runningbear's Community*. Come join us as we practice and learn to master "Tools" designed to connect us to our innate Selves while raising the energy of the planet. Private Healing/Reading Sessions also available.
Mondays, 7:00pm - 9:00pm, \$20 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

Crystal Insights, *Grace Garneau*.

Explore the wonders of the mineral realm through a meditation to develop a healing relationship with a different stone each week. Every crystal has a unique vibrational frequency, beauty, and power for healing! Each class will include an introduction about the crystal and a discussion of experiences from the meditation. www.LettingLoveIn.com
Wednesdays, 7:00pm - 8:00pm. Free/Donations Welcome. Info: 928-274-2086



Aromatherapy and Flower Essences for Wellbeing. *Anna Bazarnaya*.

Learn about sustainability, safety, potency, effectiveness, and healing abilities of the essential oils, hydrosols, and flower essences. Acquire knowledge on how to integrate them into your daily and seasonal routines, for physical health, emotional healing, and spiritual growth.
www.MaitriVerde.com
2nd Thursdays, 7:00pm - 8:00pm. Free/Donations Welcome. Info: 415 450-0947



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.



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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)

Sunday: 1-4, Wednesday/Thursday: 11-2, Friday: 11-5, Saturday: 11-2

- **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.



Tibetan Shamanic Energy Healing & QiGong, Philip Toledo. Philip can provide support with all of your health issues. He specializes in relieving all aspects of cancer for people and pets. He is a seer and can scan what doctors may have missed. **1st, 3rd & 5th Sundays, 1pm - 4pm.**

832-545-4084, philip@songbirdcenter.org

Intuitive Angel Card Readings & Energy Healing, Natalie Doel. Receive wisdom for your life with an angel card reading and energy healing to help you integrate it. Feel the presence of your angels, bring their support into every area of your life, and watch your life transform. **2nd & 4th Sundays, 1pm - 4pm.**

BeSpiritLed.com, 415-533-3922, natalie@songbirdcenter.org

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, 928-274-2086, grace@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

Vibrational Sound Therapy (VST), Heather Fischer. VST deeply relaxes the body and mind. It can help relieve stress, anxiety, depression and pain. Himalayan singing bowls are placed on the body and gently struck to produce soothing vibration and tone to induce relaxation, mindfulness, and emotional wellbeing. **3rd & 4th Thursdays, 11am - 2pm.** www.SacredSoundWellness.com, 707-273-4005, heather@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

Intuitive Angel Card Readings & Energy Healing, Natalie Doel. Fridays, 2pm - 5pm. See Sunday.

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.



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

Marielle Black: Energetic Clearing, Intuitive Readings
707-494-8547, marielle@songbirdcenter.org

Susan Bowman: Jin Shin Jyutsu, Process Coaching
SB7Explore.com, 707-490-7440, susanb@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 (2nd Tuesdays)

Heather Fischer - Vibrational Sound Therapy
SacredSoundWellness.com, 707-273-4005, heather@songbirdcenter.org (4th Tuesdays)

Marlene Patterson: Transformational Hypnotherapy and Wise Mind
707-508-6739, marlene@songbirdcenter.org

John Sanchez: Intuitive Readings, Eating Psychology Coach, Autoimmune Support
707-484-3097, john@songbirdcenter.org

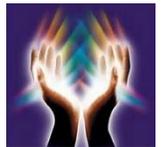
Jesse Stark: Singing Bowl Healing, Meditation, Energy Healing, Relaxation, Stress Relief
SingingBowlHealing.com, 707-481-0621, jesse@songbirdcenter.org

Philip Toledo: Tibetan Shamanic Energy Healing
832-545-4084, philip@songbirdcenter.org

Terry Trapp: Holistic Nutrition & Counseling, Iridology, Kinesiology, Herbalist, Reiki Master
WholeSpectrumNutrition.com, 707-321-4551, terry@songbirdcenter.org (4th Tuesdays)

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. Tuesdays, 9:30am - 10:30am, \$15/class or \$40/four.

Details on class calendar or website. EaseintoAwareness.com, 707-333-0055, susanh@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 2/25/20)