



# 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 Calendar, 2020 Alternative Healing Experiences

*Are You Curious about Wellness Options beyond what the Medical system provides?*

**Walk-In Services (at Stones Throw): Saturdays 12-3; Thursdays: 12-3**

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.



### **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. **1<sup>st</sup> & 2<sup>nd</sup> Thursdays, 12 - 3pm.** [SageBrushReadings.wordpress.com](http://SageBrushReadings.wordpress.com), 707-566-8219, [puja@songbirdcenter.org](mailto:puja@songbirdcenter.org)

### **Transformative & Experiential Tools for Self-Love & Healing, Susan Bowman.**

Susan coaches you through difficult feelings, life challenges and traumatic experiences with tools for self-love and healing. Process coaching blends psychic & somatic practices, hypnotherapy, neuro-linguistic programming and regression exercises. **Saturday's, August 15<sup>th</sup> & 22<sup>nd</sup> (usually 1<sup>st</sup> & 3<sup>rd</sup> Saturdays) 12-3pm.**

[SB7Explore.com](http://SB7Explore.com), 415-533-3922, [susanb@songbirdcenter.org](mailto:susanb@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.

**Saturday's August 8<sup>th</sup> & August 29<sup>th</sup> (usually 2<sup>nd</sup> & 4<sup>th</sup> Saturdays), 12 - 3pm.**

415-246-6642, [mark@songbirdcenter.org](mailto:mark@songbirdcenter.org)

**Intuitive Readings, Christine Engblom.** Christine uses her soul senses in combination with oracle/tarot cards to offer readings for whatever intention you may have. Christine is a Reiki Master, and Hypnotherapist, and Intuitive Guide for individuals who are also sensitive, receptive, and empathic, she aims to empower individuals to connect to their own soul senses to live a more soul aligned life. **3<sup>rd</sup> & 4<sup>th</sup> Thursdays, 12 - 3pm.**

707-595-8942, [christineengblom.com](http://christineengblom.com), [christineengblom@gmail.com](mailto:christineengblom@gmail.com)

*All Songbird Practitioners are also available for private sessions by appointment.*

## Songbird Presents

**Hands of Gold Healing, Songbird Practitioners on Zoom.** 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.

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 7:00pm - 8:30pm, suggested donation \$15-\$40.** Email to schedule an appointment or for Zoom link: [info@songbirdcenter.org](mailto:info@songbirdcenter.org)



### **Regular Practitioners:**

**Jasmine Gold:** Songbird Director, Toltec Mentor, Certified Four Agreements Facilitator, Reiki Master

707-795-2398, [jasmine@songbirdcenter.org](mailto:jasmine@songbirdcenter.org)

**Susan Bowman:** Jin Shin Jyutsu, Process Coaching

*SB7Explore.com, 707-490-7440, susanb@songbirdcenter.org*

**Christine Engblom:** Intuitive Readings, Tarot, Reiki

*ChristineEngblom.com, 595-8942, christine@songbirdcenter.org*

**Jesse Stark:** Singing Bowl Healing, Meditation, Energy Healing, Relaxation, Stress Relief

*SingingBowlHealing.com, 707-481-0621, jesse@songbirdcenter.org*

**John Sanchez:** Intuitive Readings, Eating Psychology Coach, Autoimmune Support

*707-484-3097, john@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*

**Marlene Patterson:** Transformational Hypnotherapy and Wise Mind

*707-508-6739, marlene@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*

**Grace Garneau:** High Frequency Energetic Transmissions for Health & Empowerment

*lettinglovein.com, 928-274-2086, grace@songbirdcenter.org*

## On-Going Opportunities to Explore

**Online Reiki Share, Grace Garneau, Jasmine Gold, Christine Engblom, Susan Bowman and other practitioners, on Zoom.** Enjoy a relaxing evening of healing and stress reduction. This Reiki share consists of receiving healing transmissions from several Reiki Practitioners at once, the experience is often relaxing and profoundly healing. Whether you are a Reiki practitioner, or a curious person, come and offer and/or receive Reiki. For a Zoom link and to RSVP text Grace at 928-274-2086 or email at [grace@songbirdcenter.org](mailto:grace@songbirdcenter.org). **1<sup>st</sup> & 3<sup>rd</sup> Tuesdays, 7:00pm - 9:00pm, \$10-\$40 sliding scale/no one turned away for lack of funds.**



**Qigong, Philip Toledo. On Zoom.** 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. For Zoom link call Master Toledo at 832-545-4084. **Thursdays, 9:30am - 10:30am. Free/Donations.**



**Egyptian Sekhem Reiki, Juliet Carrillo. On Zoom.** Explore this 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 Sekhmet. Learn the benefits of Sekhem Healing in our modern life. [www.JulietCarrillo.com](http://www.JulietCarrillo.com) For Zoom link, Paypal link, and info call Juliet at 650-465-2096. **Fridays, 6:30pm - 8:00pm. \$33.**



**Crystal Insights Meditations, Grace Garneau. On Zoom.** Come explore the wonders of the mineral realm. Grace will guide you through meditation to develop a healing relationship with a different stone each week. For Zoom link and to RSVP text Grace at 928-274-2086 or email at [grace@songbirdcenter.org](mailto:grace@songbirdcenter.org). **Wednesdays, 7:00pm - 8:00pm. Donations welcomed, no one turned away for lack of funds.**

