



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

September Calendar, 2020 Alternative Healing Experiences

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

Walk-In Services (at Stones Throw):

Thursdays: 12-3, Fridays: 12-3, Saturdays 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.



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 Thursdays, 12 - 3pm.** SageBrushReadings.wordpress.com, 707-566-8219, 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. **1st & 3rd Saturdays, 12-3pm.** SB7Explore.com, 415-533-3922, 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. **2nd & 4th Saturdays, 12 - 3pm.** 415-246-6642, 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. **3rd & 4th Thursdays, 12 - 3pm.** 707-595-8942, christineengblom.com, christineengblom@gmail.com

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. **Fridays, 12 - 3pm.** 415-533-3922, BeSpiritLed.com, natalie@songbirdcenter.org

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.

2nd & 4th Tuesdays, 7:00pm - 8:30pm, suggested donation \$15-\$40. Email to schedule an appointment or for Zoom link: info@songbirdcenter.org



Regular Practitioners:

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

707-795-2398, 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. **1st & 3rd 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

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.

Wednesdays, 7:00pm - 8:00pm. Donations welcomed, no one turned away for lack of funds.