



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

October Calendar, 2020

Alternative Healing Experiences

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

Walk-In Services (at Stones Throw): Thursdays, Fridays & 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.

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

Intuitive Readings, Christine Engblom. Christine uses her soul senses in combination with oracle/tarot cards to read for whatever intention you may have. Christine is a Reiki Master, Hypnotherapist, and Intuitive Guide for those who are sensitive, receptive, and empathic. She aims to empower you to live a more soul aligned life.

3rd & 4th Thursdays, 12 - 3pm. 707-595-8942, ChristineEngblom.com, christine@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. **Fridays & 5th Thursdays, 12 - 3pm.**

415-533-3922, BeSpiritLed.com, natalie@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, & 5th Saturdays, 12 - 3pm. 415-246-6642, mark@songbirdcenter.org

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

Special Events (On Zoom)

Holy Fire® Reiki Workshops, Grace Garneau. Grace offers all levels of Holy Fire® Reiki Training - both traditional Usui and Karuna Reiki®. Classes create wonderful changes that lead to deep healing and peace within. To learn more, call 928-274-2086 or go to www.lettinglovein.com/events. **Usui Reiki I & II, 10/ 31 & 11/ 1, \$125 each. Usui and Karuna Master Workshops offered 11/14, 15, 28, 29, \$375 each.**

Mystic's Kitchen: Space and Aura Energy Cleansing, Anna Bazarnaya. Learn about various methods of cleansing, removing negativity, and raising vibration with smudging, herbs, essential oils, flower essences, crystals, sound, feathers, and water. Register at www.maitriverde.com/events-and-classes or call 415-450-0947. **Thursday, 10/15, 11 am - 1 pm, \$35.**

Songbird Presents (On Zoom)

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. Practitioners listed on back.

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



Regular Hands of Gold Practitioners:

Jasmine Gold: Songbird Director, Toltec Mentor, Certified Four Agreements Facilitator, Reiki Master
707-795-2398, jasmine@songbirdcenter.org

Grace Garneau: High Frequency Energetic Transmissions for Health & Empowerment
lettinglovein.com, 928-274-2086, grace@songbirdcenter.org

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

Susan Bowman: Jin Shin Jyutsu, Process Coaching
SB7Explore.com, 707-490-7440, susanb@songbirdcenter.org

Ananda Deviika Ma A'charya': Tibetan Cranial Healing, Reiki, Yoga Therapy
AnandaWellness.org, 707-478-2745, ananda@songbirdcenter.org

Christine Engblom: Intuitive Readings, Tarot, Reiki
ChristineEngblom.com, 595-8942, christine@songbirdcenter.org

Juliet Carrillo: Angelic Reiki Master, Egyptian Sekhem Healer, Animal Reiki
JulietCarrillo.com, 650-465-2096, juliet@songbirdcenter.org

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

On-Going Opportunities to Explore (On Zoom)

Healing with the Angels, Natalie Doel. In this class you will not only get to know your angels, you will receive healing energy from them to address your needs at this time. Email Natalie at natalie@songbirdcenter.org at least an hour before class to receive the Zoom link.

Sundays, 7pm -8pm. \$20 suggested donation. www.BeSpiritLed.com



Reiki Share, Grace Garneau, Jasmine Gold, Christine Engblom, Susan Bowman and other practitioners. Enjoy a relaxing evening of healing and stress reduction. Receive healing from several Reiki Practitioners at once for a relaxing and profoundly healing experience. Whether you are a practitioner or simply curious, come to offer and/or receive Reiki. Text Grace at 928-274-2086 for Zoom link. **1st & 3rd Tuesdays, 7pm - 9pm. \$10-\$40 sliding scale.**



Mass Healing, Philip Toledo. Philip's specialty is cancer. Other illnesses also respond well, including those that are considered "incurable." Go to www.innerselfcenter.com and click on Live Online Workshops to pay and choose a day. You will receive an email with the Zoom link 24 hours prior to your session. **Thursdays, 11am - 12:30pm. \$99.**



Egyptian Sekhem Reiki, Juliet Carrillo. Explore this ancient healing taught in early Egypt. Sekhem healing is 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. Call Juliet at 650-465-2096 for Zoom link.

Fridays, 6:30pm - 8pm. \$33. www.JulietCarrillo.com

