



Songbird Community Healing Center

A Supportive Community that Inspires and Empowers You to Learn, Heal, and Thrive

8297 Old Redwood Hwy, Cotati, CA 94931, 707-795-2398

info@songbirdcenter.org, www.songbirdcenter.org



Local Gifts, Art, Crystals

8278 Old Redwood Hwy

707-242-6669

stonestrowgifts.com

Calendar: July 23-August 31, 2017

Songbird Presents: Community Education, Healing and Fun

Hold the Vision – Stand Your Ground!, Friday Flock Night, Michele Newman.



Enjoy Alchemical Crystal Bowl Sound Immersion: chimes, bells, Angelic Harmonies. Healing resonance reverberates cells & soul as vibrational frequencies massage your inner presence. Seasonal Group Message: “Hold The Vision - Stand Your Ground!” Ask Individual Questions! Receive Answers! Michele is clairvoyant. Her spirit-guided reading of auras and accessing akashic records is Inspiring & Healing!

Friday, 7/28, 7:30pm - 9:30pm, suggested donation \$10-\$20. <http://tinyurl.com/jtfbobm>

Private sessions available Saturday, 7/29. Contact 831-475-5554.

Film & Conversation: That Sugar Film, HopeDance Films.

What “Super Size Me” was to the fast-food industry, “That Sugar Film” endeavors to be for businesses invested in refined sugar, a nearly unavoidable additive, potentially found in 80% of the foods in a typical grocery store. This film will change the way you think about healthy food. Q&A and conversation after. Details & Trailer: <http://bit.ly/2u1wKze>



Friday, 8/4, 7:00pm-9:30pm (Film ends at 8:45), \$10 donation.

Developing Healthy Boundaries and Deep Presence, Friday Flock Night, Evalena Rose.



Explore ways we open to, or avoid, deep intimacy. Experience the deep presence Tantric exchanges make possible. Erotic communication skills help us ask for what we want in ways that can further passion. Sharing simple touch, we practice communicating our desires and releasing all that has prevented their fulfillment. www.lovejourneytantra.com

Friday, 8/18, 7:30pm - 9:30pm, suggested donation \$10-\$20.

On-Going Wellbeing Support: Hands of Gold Healing, Songbird Practitioners. Enjoy three 15 minute mini-sessions and explore a variety of healing modalities in a fun and casual environment. Receive support for depression, fatigue, insomnia, stress & anxiety, pain, trauma/PTSD, life purpose & direction, limiting beliefs & more.

2nd & 4th Tuesdays, 7/25, 8/8, 8/22, 7:30pm - 9pm, suggested donation \$15 - \$40.



Coming in September! 9/8: The Art of True Healing, New World Library Publisher Marc Allen

9/23: An Evening of Sacred Sound celebrating the Equinox, Sound Healers Jesse Stark/Sue Wilhite

Special Events

Divination for Anyone: Intro to Lenormand Decks, Sue Wilhite, Master Tarot Consultant. Lenormand decks are great for beginners because they're easy to read, and ideal for experienced readers who want more detailed answers. Learn how to find lost objects, answer questions, and even get clues about vacation spots! **Saturday, 7/29, 10:00am - 3:00pm, \$35 in advance/\$45 at door.** Upstairs. Register: 877-906-9528

Reiki Level One, Terry Lynn Trapp. Do you feel called to be a healer? Would you like to learn an ancient healing art for yourself and others? Join us for Reiki Level One and learn the sacred healing art that promotes health on a physical, emotional, mental and spiritual level!

Sunday, 8/6, 10:00am - 6:00pm, \$125, sliding scale available. Upstairs. Register: 707-321-4551

Events listed as Upstairs are accessed by the stairs outside and to the left of our main entrance.

Parenting with Positive Discipline, Erin Miller. Discover a sustainable, non-punitive approach that teaches self-discipline and other important social and life skills in a manner that is deeply respectful and encouraging for both children and adults. Explore tools and techniques to guide and connect with your children.

Saturday, 8/19, 10am - 3pm, \$65/one, \$110/couple (\$55/\$95 before 8/5). Registration required: 707-484-1313

New Earth Journey, Annette Roegiers. To experience New Earth, we must embody the TRUTH and LOVE of 1st Cause. Release the illusion of being affected by experiences. KNOW there is choice. Feel supported, guided and infinitely loved in this transition from limitation to the LOVE and FREEDOM of New Earth.

Saturday, 8/26, 10am - 5pm, \$150/\$125 before 8/15. Register: 707-953-5489, www.hearthpathhealing.com

Free and Low Cost Wellbeing Support: Energize Your Body, Mind & Spirit

Native Secrets, Art Runningbear. Students practice grounding, meditation, running energy, protection, healing techniques and intuitive reading. The public is welcome to drop in for a free healing and to observe.

Mondays, 7pm - 9pm. Call Thena at 707-938-8808 for more info.

Business Builders of Sonoma County. Become a networking pro, expand your connections and grow your business with these non-exclusive, no-cost meetings. Build long-lasting relationships, share ideas & resources, and increase your skill set through exercises & discussion. **Thursdays, 9:30am - 10:30am, FREE.** Upstairs.

Prosperity Book Club, Sue Wilhite, Law of Attraction Coach. The club is reading *The Game of Life and How to Play It* by Florence Scovel Shinn, a classic book that teaches through concrete example and humor. It covers a chapter/month, so jump in anytime! It also includes a mini-Mastermind process to increase success.

1st Wednesdays, 8/2, 7:00pm - 8:30pm, \$5. Upstairs. Register: 877-906-9528

Hands of Gold Healing Community, Various Songbird Practitioners. Enjoy three 15 minute mini-sessions and explore a variety of healing modalities in a fun and casual environment. Receive support for depression, fatigue, insomnia, stress & anxiety, pain, trauma/PTSD, life purpose & direction, limiting beliefs & more.

2nd & 4th Tuesdays, 7/25, 8/8, 8/22, 7:30pm - 9pm, suggested donation \$15 - \$40.

Human Awareness Institute (HAI) Intro Mini-Workshop. Experience emotional openness and heart-felt connections to find more possibilities for what love can be in your life. In a safe, supportive, and relaxed environment, discover the ingredients for happy, healthy, and loving relationships.

2nd Thursdays, 8/10, 7:30pm - 9:30pm, FREE. www.hai.org

Sip, Smell, Share ~ Young Living Essential Oils, Shannon Sundberg. Topics change monthly with an emphasis on quality & use of essential oils. Topics include Basic usage, Beyond the Basics, Emotions, Hormonal Support, and replacing toxins with natural products. Many make & takes and frequency scanning.

3rd Thursdays, 8/17, 7pm - 9pm, FREE or small fee for special events. Register: 707-338-2133

Reiki Share, Terry Trapp & Janet Cruickshank. Join us for a relaxing, healing afternoon. Reiki is a Japanese hands-on method of stress reduction and relaxation. A Reiki Share consists of many healing hands on one person, providing a powerful and wonderful experience. Arrive early!

3rd Sundays, 8/20, 1pm - 3pm, suggested donation \$5 - \$20. Upstairs.

Essene Circle of Light, Martina Hill. 3rd Tuesdays, cancelled for July and August.



Weekly Movement: Stretch & Relax Your Body

Beginning Tai Chi Chuan, Michelle Luna. Experience this internal Chinese martial art for self-defense and health. This moving meditation practice develops mind and body awareness and teaches stability, strength, flexibility, relaxation and self-respect.

Mondays & Wednesdays, 9am - 10:30am, \$45/month or \$10 Drop-In. mluna.semet@gmail.com

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.



Biodanza, Tim Lorenz. Biodanza is an authentic and meaningful world-wide moving dance ritual for expressing the poetry of your life. Biodanza empowers your ability to lovingly connect to yourself and others. No dance experience necessary. Adults of all ages and abilities are welcome to join us.

Wednesdays, 7:15 - 9:15pm, \$20/second class free. Register: 415-994-6017

Restorative Yoga, Sandi Scalmanini. This is a gentle restorative flow using props, Inquiry, and breath to de-stress, restore and relax. Bring your own mat. Sandi is a certified yoga teacher, somatic & inquiry coach, CMT, dedicated yogi and student of life. All ages and levels welcome.

Thursdays, 7:00pm - 8:00pm, \$15/multi-class discounts. Upstairs. Register: 415-847-5759

Contact us to rent space for your classes or private sessions.

Songbird Practitioners

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

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Susan Hammond: Guild Certified Feldenkrais® for Back Pain Practitioner

EaseintoAwareness.com, 707-333-0055, susan@songbirdcenter.org

Elisa Palma Hancock: Akashic Records Consultant, Intuitive Coach, Spiritual Teacher

En.ElisaPalmaHancock.com, 415-601-9072, elisa@songbirdcenter.org

Carol Hince, PT, MS, RYT: Restorative Yoga, Integrative Yoga, iRest® Meditation, Physical Therapy

CarolHince.com, 707-664-9952, carol@songbirdcenter.org

Carmen M. Pomares, L.Ac: Acupuncturist and Herbalist

CybelesWell.com, 707-347-6704, cybele@songbirdcenter.org

Cybele/Suzette Rochat: Stone Medicine

AcupuncturedePaz.com, 415-827-9747, carmen@songbirdcenter.org

Janet Carol Ryan, RScP,: Licensed Centers for Spiritual Living Practitioner, Certified HeartMath Coach

JanetCarolRyan.com, 415-261-3294, janetr@songbirdcenter.org

John Sanchez: Eating Psychology Coach, Relationship Coach - Individual/Couples/Family

EatingPsychologyCoaching.com, 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

Terry Trapp: Holistic Nutrition & Counseling, Iridology, Kinesiology, Herbalist, Reiki Master

WholeSpectrumNutrition.com, 707-321-4551, terry@songbirdcenter.org

Vicki Van Winkle, MFA, MFT: Trauma Specialist, Psychotherapist, Yoga of the Heart Meditation

VickiVanWinkle.com, 707 338-6177, vicki@songbirdcenter.org

Additional Practitioners listed under Walk-In Schedule on back.

Walk-In Services & Open Hours

Monday, Tuesday, Wednesday, 11 am-5 pm (11-2 on 7/26, 8/29)

Thursday & Friday, 11 am-2pm

- **Walk in** for a 15 minute tune-up or a full length session. Services are only sliding scale \$1-\$2/minute.
- **Talk** to our practitioners about the services they offer.
- **Visit** our beautiful space designed with healing energy.
- **Explore** our services, classes, and rental opportunities.



Songbird Practitioners offering Walk-In Services



Tarot and Lenormand Card Readings, Sue Wilhite. Sue has studied, practiced, and taught Tarot for over 25 years. For clarity and direction regarding career, relationships, spiritual questions and more, come in and see Sue! She is also a Profit Attraction Mentor and a sound healer. **Mondays, 11am - 2pm, plus Thursday, 8/24.** PositivelySuccess.com, 877-906-9528, sue@songbirdcenter.org

Essence Health & Beauty, Barbara Bailey. Relax with Bemer, Reiki, personalized spa treatments, beauty consultations for skin, stress, energy levels, and digestion. Ayurvedic Eastern medicine principles teach the use of the five senses for vitality with culinary guidelines and seasonal diet. **Mondays, 8/7 & 8/14, 2pm - 5pm.** MassageBook.com/biz/EssenceHealthandBeauty, 707-509-9326, barbara@songbirdcenter.org

Intuitive Angel Card Readings & Energy Healing, Natalie Doel. Experience profound clarity, inspiration and insight with a reading. Then receive energy healing to help you integrate. The angels are already here, waiting to share their wisdom with you on any topic you can think of. **Mondays, 8/21 & 8/28, 2pm - 5pm.** www.BeSpiritLed.com, 415-533-3922, natalie@songbirdcenter.org

Access Consciousness Bars, Sunnie Skillman. The Access bars is a hands-on healing process involves holding points on the head, which result in stress relief, deep peace, well-being, better sleep, and cleared limiting beliefs & symptoms of PTSD. **Tuesdays, 11am -2pm.** ClearingPTSDSymptoms.com, 415-497-2879, sunnie@songbirdcenter.org

Tibetan Cranial Healing, Reiki, Yoga Therapy, Ananda Deviika Ma A'charya'. Assess your health and receive recommendations. Tibetan Cranial helps the mind and brain function better. It helps conditions of the central nerve system and improves circulation and neural connections. **Tuesdays, 2pm - 5pm except 8/29.** AnandaWellness.org, 707-478-2745, ananda@songbirdcenter.org



Reiki Healing & Attunement, Readings, Raw Food, Shana Dean. Shana focuses on healings & readings, shamanism, totems, spirit guides, crystals, chakra balancing, raw veganism, and more! Her sessions are personalized for your highest potential and produce profound shifts. **Wednesdays, 11am - 2pm.** www.shanadean.com, 928-274-4042, shana@songbirdcenter.org

Essential Oils, Zyto Scanning, & Aromadome, Shannon Sundberg. Explore how essential oils can support your wellness journey. Zyto scans measure body frequency and recommend how to bring it back in range. Aromadome is an intense aromatic experience that focuses on your needs. **Wednesdays, 2pm - 5pm except 7/26.** <http://tinyurl.com/mdqcju5>, 707-338-2133, shannon@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. **Thursdays except 8/24, 11 am - 2 pm.** SageBrushReadings.wordpress.com, 707-566-8219, puja@songbirdcenter.org

Tarot and Lenormand Card Readings, Sue Wilhite. **Thursday, 8/24, 11 am - 2 pm. See Monday.** PositivelySuccess.com, 877-906-9528, sue@songbirdcenter.org

Transformational Hypnotherapy and Wise Mind, Marlene Patterson. Close your eyes and enter the state of profound relaxation through various hypnosis techniques. Relieve pain. Transform challenges into your true essence of strength & love to heal emotional and physical health. **Fridays, 11am - 2pm.** 707-508-6739, marlene@songbirdcenter.org