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IN-PERSON GROUPS ARE MAKING A COMEBACK!

After three long years, we will be piloting the return of in-person group programming at Pathways in May and June! We are so excited to once again be able to offer more opportunities for connection and community thanks to our incredible Volunteer Providers.

For the foreseeable future, we will continue to require that masks be worn within the Pathways building and all visitors will need to complete a COVID-19 screening prior to the start of their session.

Available in-person group sessions can be found on page four!

THE PATHWAYS TEAM



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ENJOY "AGAIN" AND GIVE A PORTION OF YOUR TICKET COST TO PATHWAYS – WIN WIN!

Pathways is very excited to have partnered with Theater Mu for their upcoming production of "Again" running from March 29th through April 16th! Written by Katie Ka Vang, a member of the Pathways community, "Again" tells the story of cancer survivor Mai See as her life changes after meeting Quest, an aspiring filmmaker who draws inspiration from Mai See despite her own chronic cancer. To snag a ticket (and donate a portion to Pathways as well), [visit Theater Mu's website here!](#)



PROVIDER HIGHLIGHT: CARLA BEACH



Carla is a certified life coach, grief counselor and speaker who has been lending her services as a life coach to our Participants since 2015. She helps Participants to, in her own words, "create clarity around the issues and challenges they face, find courage to move fearlessly toward their goals and celebrate the successes they achieve." You can find her sessions on page 6, and in the Browse All Sessions page of your Dashboard!



VIRTUAL PROGRAMMING

Pathways offers virtual programming using the Zoom online platform. [Please visit our website here](#) for more information and troubleshooting tips.



IN-PERSON PROGRAMMING

Pathways is currently offering select one-on-one and group in-person sessions. Our building is open to those with scheduled sessions/appointments only; drop-in visits are not permitted at this time. All visitors will be required to wear a face mask and complete a COVID19 screening survey upon entry. For more information on our in-person guidelines, [please visit our website here.](#)

NEW TO PATHWAYS?

Pathways offers no-cost holistic healing services and resources to people with life-threatening, chronic and life-changing health situations (as well as their caregivers). Our healing services are offered by Volunteer Providers who help Participants explore a wide range of healing approaches for body, mind, heart and spirit.



HOW TO GET STARTED

New Participants are required to attend [New Participant Orientation](#) prior to registering for sessions at Pathways. In this virtual session, our orientation facilitator will discuss the various services offered and the process for requesting these services, as well as allow time for questions at the end.



These virtual orientation sessions are conducted over the Zoom online platform. Participants will need the Zoom app installed on their devices prior to the orientation. Visit www.zoom.us for more information.

CREATING AND MANAGING YOUR PARTICIPANT ACCOUNT

Following orientation, [visit our website here](#) to create your Participant Dashboard account. Here, you will be able to browse all available sessions and put in your requests for the ones you'd like! You have until the 25th of each month to submit your requests. The following day, our system will randomly assign Participants their sessions for the month. You will receive an email if you are given any assignments.

Assigned sessions can be found on the [View My Scheduled Sessions](#) page. Sessions that you requested, but were not assigned to, can be found on the [View My Waitlisted Sessions](#) page.

Five days prior to your assigned session, you will be given the ability to confirm your attendance. Please be sure to log into your Dashboard and confirm as soon as possible. For Virtual sessions, your Zoom link will appear once you confirm your session. You may cancel your attendance at any time during the month.

UPCOMING ORIENTATION DATES

[Thurs. 5/11 at 2:30pm](#)

[Wed. 5/24 at 12:30pm](#)

[Wed. 6/14 at 12:30pm](#)

[Thurs. 6/22 at 2:30pm](#)

Click the dates above to register!

To cancel/reschedule your orientation date, please email us at scheduling@pathwaysmpls.org

All orientation times are in Central Time (CST)



PARTICIPANT CATEGORIES

Upon creating your account, you will be asked to assign yourself a category based on your current health situation. Our system will place priority on those with higher categories when making random session assignments.

Careivers may choose to pick the same category as the person they are caring for, or to pick whichever category aligns with their own health.

Categories are self-identified by the Participant, and Pathways will never diagnose or require proof of a diagnosis to justify a category assignment. If you have been a Category 1 or 2 for a year without any advance in illness, we ask that you move your category to the next lower level to allow for newly diagnosed/those with advancing illnesses to have higher priority.

CATEGORY 1

For persons with life-threatening physical illness (cancer, debilitating heart disease, HIV/AIDS, lymphoma, MS, ALS, transplants, etc.).

CATEGORY 2

For persons dealing with disability, pain and/or other symptoms related to a physical chronic illness, or physical injury (CFS, chronic pain, diabetes, lyme, etc.).

CATEGORY 3

For persons in recovery from stress and emotionally-based concerns related to physical illness or significant life challenges, such as grief, loss and chronic inequities.

PATHWAYS SCENT-FREE POLICY

Many Pathways participants are chemically sensitive, and/or who have compromised immune systems. We wish to minimize as best we can the presence of scented products. To this end, we ask that you please refrain from applying perfume, cologne and/or essential oils within 24 hours of your attendance at Pathways. We also ask that you do not smoke on the property.



Interested in volunteering? Pathways is always excited to hear from potential Providers and Support Staff Volunteers!

Volunteer Providers are masters in their areas of expertise and should meet the following requirements to offer their modalities here at Pathways:



- Experience working with people facing life-threatening or chronic illness
- At least 100 hours working in the specific modality offered at Pathways
- Professionally trained and/or certified
- Feel a heart connection with Pathways' healing approach
- Ability to articulate a personal healing philosophy
- Actively practice the modality offered at Pathways
- Embrace the spiritual aspects of healing while being comfortable in a non-religious environment

Please [visit our website here](#) for more information and to complete our Volunteer applications!



How are we doing? We'd love to hear from you! We invite you to fill out our [online evaluation form here](#) with any feedback, questions, comments or concerns. You can also email us directly at scheduling@pathwaysmpls.org!



Follow us!

We recognize that racial, gender, and social inequities in America make it difficult, if not impossible, for all people to access the healing services they need, including the services Pathways provides.

Pathways is committed to ongoing work, learning, service, outreach, and healing to better serve individuals and groups identifying as Black/Indigenous/People of Color (BIPOC), Lesbian/Gay/Bisexual/Transgender/Queer or Questioning/Intersex/Asexual (LGBTQIA+), people with disabilities, and all others who are marginalized.

All are welcome here.



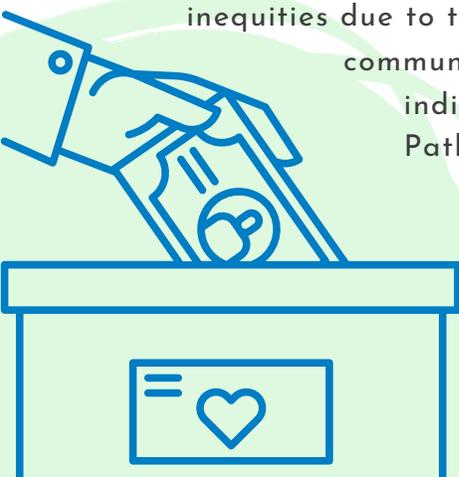
Pathways is able to provide a wealth of services and resources to those life-threatening illnesses, chronic conditions and health inequities due to the generosity of our Volunteer Providers and our community. We are funded primarily through individual donations, so please consider supporting Pathways by making a donation today!



Click here to make a donation on our website via PayPal!



You can explore more ways to donate and support [on our website here](#). Thank you for your contribution!



IN-PERSON ONE-ON-ONE SESSIONS

Listed alphabetically by session title

Advance Care Planning/Individual or Pairs (In-Person)

Lin Butler

Tues., May 16, June 20

1:00pm - 2:30pm

Participants may explore and discuss their questions, concerns and choices regarding end of life planning and late life care. You will be guided to think about your current condition, how you envision your own care, and who will speak for you when you may be unable to speak for yourself. Your caregiving partner is welcome to attend.

Bio-energy Healing (In-Person)

Ann Agrimson

Wed., May 17

1:00pm - 2:00pm

2:30pm - 3:30pm

Bio-energy healing promotes the body's natural state of wholeness. The chakras and the energy fields are strengthened and balanced, which can reduce pain, lower stress, speed recovery time and promote vitality of healthy cells. The work happens with hands on or off the body.

Gifts of the Medicine Wheel (In-Person)

Lin Butler

Tues., May 16, June 20

10:30am - 12:00pm

3:30pm - 5:00pm

Wholeness and health require nurture and balance in all four dimensions of your life. For many, religion was confusing, even hurtful; spirituality remains vague, elusive. The church or religion of childhood no longer may inform or inspire. But what do you put in its place? Explore your life through a shamanic lens and the Gifts of the Medicine Wheel and the Six Directions. Which Road are you on, what direction are you headed? Bring your questions and we will explore them together.

Healing Touch (In-Person)

Niels Billund

Wed., June 7, 21

11:30am - 12:30pm

1:30pm - 2:30pm

Healing Touch is a relaxing and nurturing hands on energy therapy that works on opening the chakras, thereby creating a free flow of energy. You will find that it enhances your own body's ability to bring along well-being.

Healing Touch & Reiki (In-Person)

Liz Flavin

Wed., May 3, 17, June 7, 21

1:00pm - 2:00pm

2:15pm - 3:15pm

Healing Touch and Reiki are heart centered, nurturing energy therapies that support the body's natural ability to heal. You will be asked to set a healing intention for the session. Then the practitioner will use gentle hands on and/or hands off techniques to balance your physical, mental, emotional and spiritual well-being.

Individual Acupuncture (In-Person)

Gina Fabiano

Mon., May 22

12:30pm - 1:30pm

1:30pm - 2:30pm

Acupuncture is the insertion of ultra-thin needles along the meridian lines of the body to balance energy flow. For your first appointment, we'll take time to go through your health history including lifestyle and goals for treatment. From there we'll start needling! If it's your first time having acupuncture, we'll take it slow, trying out easier points at first so you can become comfortable with the sensation.

Individual Acupuncture (In-Person)

NWHSU

Mon., May 1, 8, 15, 22 (Series)

1:00pm - 2:15pm

Mon., June 5, 12, 26 (Series)

2:15pm - 3:30pm

3:30pm - 4:45pm

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Participants typically remain fully clothed during the treatment and will be appropriately draped where necessary. Please wear loose, comfortable clothing. **(Multi-Session Series)**

In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.

Individual Massage (In-Person)

NWHSU

Wed., May 3, 10, 17, 24, 31, June 7, 14

9:45am - 11:00am

Fri., June 30

11:30am - 12:45pm

1:45pm - 3:00pm

Depending on the massage therapist's training, sessions may include Relaxation/Swedish Massage, Clinical Massage, &/or Reflexology. When receiving relaxation or clinical massage, scent-free oils, lotions, or creams will be applied to the body to allow your muscles to be massaged without causing excessive friction to the skin. Participants may choose to undress to their comfort level for the massage. Whether experiencing reflexology, relaxation or clinical massage, Participants will be asked if they have any medical conditions, injuries, or medications that may affect the course or outcome of the massage.

In conjunction with The College of Massage Therapy at Northwestern Health Sciences University.

Soul & Energy Based Healing (In-Person)

Tim Hanson

Tues., May 9, 23, June 6, 20

10:00am - 10:45am

11:00am - 11:45am

Soul & Energy Based Healing invites you to relax on the bodywork table or remain seated in a chair, fully clothed. This energy work will facilitate movement in the energy body based on the needs of your soul, your intent or the present moment. You will gain a measure of insight into and release from anxieties, tensions, grief, fear, pain. You will have the option for discussion of the experience at the end.

IN-PERSON GROUP SESSIONS

Listed alphabetically by session title

Community Acupuncture (In-Person)

NWHSU

Mon., May 1, 8, 15, 22 (Series)

1:00pm - 2:00pm

Mon., June 5, 12, 26 (Series)

1:30pm - 2:30pm

2:00pm - 3:00pm

2:30pm - 3:30pm

3:00pm - 4:00pm

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Community Acupuncture involves treating multiple participants at the same time in a large communal room. Each person will be socially distanced and rest comfortably in a reclining chair. If possible, please try to wear loose comfortable clothing. **(Multi-Session Series)**

In conjunction with The College of Acupuncture & Chinese Medicine at Northwestern Health Sciences University.

IN-PERSON GROUP SESSIONS

Continued



Celebrate You - Self Portrait Collage (In-Person)

Gloria Larsen

Tues., June 13

10:00am - 11:30am

Create a Self-Portrait Collage with images, symbols, words and quotes that will reflect who you are.....your dreams, joys, passions, and all that is important to you. This collage will reveal what calms, and gives hope during life's challenging times. What we love energizes and nurtures us. No art experience is necessary. All supplies will be furnished.



Community Shamanic Circle (Hybrid) Valerie Ohanian & Lin Butler

Sat., June 17

7:00pm - 9:00pm

Exploring our spiritual connections to all of nature, including humanity, and the animal, plant and mineral kingdoms is becoming more important as we navigate the stresses of our changing world. This circle is a place to share our challenges and receive and offer energetic healing, as well as to connect to the invisible world of helping spirit energy. Come explore the shamanic path. Please have a drum and / or rattle nearby - even a vitamin bottle can be a rattle and two sticks can serve as a drum. ****This is a HYBRID session**, meaning it will be offered simultaneously in-person at the Pathways building as well as virtually through Zoom.



Forest Bathing (In-Person)

David Motzenbecker

Tues., June 20

10:00am - 12:00pm

You will be guided on an immersive, meditative, and therapeutic forest walk based on the Japanese practice of Shinrin Yoku. Slow down and connect your senses to the healing, stress-reducing beauty of a little-known corner of Minneapolis' green forested spaces. Please note: this session will be held in-person at Wood Lake Nature Center in Richfield, MN. Participants responsible for own transportation to/from site.



Healing With Rhythm (In-Person)

Valerie Ohanian

Mon., May 15

11:00am - 12:00pm

During this time of uncertainty and confusion, rhythmic practices can help enhance our connection to ourselves, the earth, and the larger community. Working with drums, rattles, click sticks, bells, we will explore ways to find and express our own natural rhythms, come in tune with our hearts, and find the rhythms that help both calm and enliven us. Even a short rhythm session before meditating can deepen a meditation practice. Please bring a drum, rattle, bells, sticks - anything you can keep a beat with. Plastic bottles filled with beans, seeds, or vitamins work well.



Precious You: Healing Archetypes with Qigong and SoulCollage® (In-Person)

Laura Thorpe

Wed., May 10, 31, June 14, 28

10:00am - 12:30pm

This sacred time is spent honoring your body, mind and spirit with easy ancient meditative movements designed to tap into your spiritual self with the Integral Qigong 7 Precious Gestures. We'll move from the qigong into the gentle discovery and integration work of SoulCollage® where we make collages guided by our intuition to honor the healing energies already at work in us. If this session is held in the lower level, participants must be able to navigate stairs to access class.



Qigong: Finding The Healer Within (In-Person)

Laura Thorpe

Wed., May 3, 24, June 7, 21

11:00am - 12:00pm

Discover your Healer Within. Participants will be guided by ancient methods of mindful movement, breath-work, visualization and tapping/self-massage. These simple wellness exercises wake up the body's internal healing resources. It is deeply relaxing, fun and strengthens the body and mind. Maximize your body's function by cultivating energy with specific exercises that stimulate your organ systems for renewed vitality.

VIRTUAL ONE-ON-ONE SESSIONS

Listed alphabetically by session title



Bio-energy Healing (Virtual)

Ann Agrimson

Wed., June 21

1:00pm - 2:00pm

2:30pm - 3:30pm

This distance healing session begins with a check-in between provider and participant via phone or Zoom. Following the check-in, each person disconnects and the participant finds a comfortable place to relax during the distance healing. The provider works within the participant's energy field as if they were physically in front of her. When the hour is up, the provider remotely closes the session and the participant gently eases back into their day.



Body Scan (Virtual)

JanMarie Roehl

Mon., May 1, June 5

9:30am - 10:30am

Body Scan offers a way to connect the awareness of your physical Being's outside-in experience simultaneously with your mind's inside-out perspective. Throughout the session you will be supported in following your body's language as areas of holding, blocked or hyper sensation are discovered and interpreted- by you. Guided tracking encourages integrated balance and grounding in your present time experience.



Compassionate Listening (Virtual)

Sue Salmela

Mon., May 8, 15, 22

10:00am - 11:00am

This session offers a presence and a listening ear. Feel free to prepare for the session by coming with a focused intention and know you may receive feedback to what you are experiencing and discovering. This process can help you discover tools to navigate the difficulties you are experiencing.



Completing Your Health Care Directive (Virtual)

Gay Moldow

Tues., May 16, 30, June 6, 27

1:00pm - 2:30pm

Everyone should talk with a trusted person about their health care wishes. In MN, a completed health care directive can appoint an agent to speak for you if/when you cannot express your choices about your current and future health care treatment. The Honoring Choices form will be discussed and completed identifying your wishes and choice of agent.

VIRTUAL ONE-ON-ONE SESSIONS

Continued

Guided Imagery (Virtual)

Tues., May 9, 23, June 6, 20

Mary Ellen Kinney

9:30am - 10:45am
11:15am - 12:30pm

During guided imagery we work together in a simple natural way to use the power of your mind/imagination in a positive way. If you have ever worried or planned anything, you know how to use your imagination. With guided imagery, we can simply tap into your inner resources to reduce anxiety or address feelings of fear, pain, anger or whatever you identify as an obstacle to being more peaceful. There is no wrong way to do it because it comes from your own inner wisdom.

Healing Touch (Virtual)

Wed., May 3, 31
Thurs., May 11, 18, 25, June 8, 15, 22, 29

Jim Taylor

12:00pm - 12:45pm
1:00pm - 1:45pm

We will begin this online session by discussing your healing request or intention. You may then choose to disconnect or maintain the connection. You will find a place to relax during the session. I will work within your aura/energy field to clear, balance, and energize your whole person - mind, body and spirit. At the end of the healing you may choose to reconnect to discuss the session.

Healing Touch (Virtual)

Tues., May 9, 23, June 13, 27

Mary Johnson

12:00pm - 12:45pm
1:00pm - 1:45pm

Healing touch is a gentle intentional healing art that promotes balance and flow in the human energy field requiring a deep sense of centeredness and mindfulness. The session will begin with an assessment of your situation and your healing process. You will then choose a comfortable place (couch, bed, or chair) where we can explore and experience guided imagery, deep breathing, and other practices that encourage relaxation and openness to your natural healing ability. The session will end with a gentle return to alertness and a sharing of perceptions.

Integrative Health and Well-Being Coaching (Virtual)

Wed., May 10, 17, 24 (Series)
Wed., June 14, 21, 28 (Series)

Mary Dobish

11:00am - 12:00pm

In this series, you will be supported in mobilizing internal and external resources to set and achieve well-being related goals and dreams. By the end of the series, you will have accessed your mind, body, and spirit and established small steps toward actualizing your personal well-being. This is a series of three sessions. Only the first session is available for request. Subsequent session dates will be added to your schedule following the monthly randomization. (*Multi-Session Series*)

Life Coaching (Virtual)

Wed., May 3, 10, 17 (Series)
Wed., June 7, 14, 21 (Series)

Carla Beach

9:30am - 10:30am
10:30am - 11:30am

Life coaching begins with the recognition that you stand in the space of being a creative, resourceful and whole person. You have within you the answers to the issues in your life. Your coach will be your witness and guide for new awareness, supporting you in making resonant choices that move you toward finding balance and fulfillment. (*Multi-Session Series*)

Speaking of Death: Exploring Options and Conversation (Virtual)

Anne Archbold or
Marilaurice Hemlock

Wed., May 3
Fri., June 2

12:00pm - 12:45pm
1:00pm - 1:45pm

This session is tailored to exploring the needs and questions of the individual participant about after-death options. Common questions and topics explored include the five possibilities for disposition of the body in the Metro area, costs, paperwork to be completed before death, funeral/memorial/graveside services, home funerals, care for the body at home, legal issues, and ideas for memorial services. It is a time for questions and conversation about a topic that many generally avoid but that Anne & Marilaurice embrace fully.

Spirit Allies (Virtual)

Wed., May 3
Thurs., May 18, June 8, 22

Jan Page

1:00pm - 2:15pm
2:30pm - 3:45pm

Learn to recognize and strengthen your connection to your Spirit Allies committed to protect, heal, guide, & inspire you. Spirit Allies can be deities, ancestors, nature, personal beliefs and more. During this session you can be seated or laying down.

Too Much Togetherness (Virtual)

Mon., May 8, 22, June 5, 26

Barbara McCleary

11:00am - 11:45am
12:00pm - 12:45pm

This session focuses on both listening and offering reasonable strategies to help relieve the significant stress related to day-to-day life. Whether it is you on your own, you and a partner, a child or children, roommate or roommates, or a larger extended family with whom you live, trying to valiantly exist independently or co-exist with others can be a major challenge these days. In this session we will discuss setting reasonable expectations, and coping strategies. You will learn some new tools, and hopefully, leave feeling less overwhelmed.

Voice Healing (Virtual)

Wed., May 3
Thurs., June 22

Myo-O Marilyn
Habermas-Scher

9:30am - 10:15am
10:30am - 11:15am

Enjoy receiving a vocal, vibrational healing that reflects your body mind and spirit, in this moment. You rest on a comfortable surface and relax into a receptive space, allowing your body, mind and spirit to vibrate and be vibrated. Healings are twenty minutes long with a check -in and a check -out on either end.

VIRTUAL GROUP SESSIONS

Listed alphabetically by session title

Adventure with Inspiration and Gratitude (Virtual)

Wed., May 10, June 14

Stephanie Siddiqui

1:30pm - 2:30pm

Let us gather in a virtual circle for an interactive inspiration and gratitude experience. Please join us for a grounding meditation, centering movement, positive music, pretty art, and inspiring words. We'll follow with a grateful discussion centered around a theme for deeper, heartfelt reflection. Taking notes on what you experience is encouraged.

VIRTUAL GROUP SESSIONS

Continued

Asking For Help Successfully (Virtual)

Kate Jackson

Wed., June 7

3:00pm - 5:00pm

Asking for help can be hard. This workshop offers a framework and exercises to help you explore ways in which you can consider asking for help differently in order to set both yourself - and who you are asking - up for success. Participants will need to have paper and pen available.

Chair Yoga Therapy (Virtual)

Julie Shannon Williams

Mon., May 8, 22, June 12, 26

11:00am - 12:00pm

This therapeutic, adaptive class promotes well-being through correct posture, breath and guided movements. It gently lengthens, stretches, and opens the body while bringing awareness as well. We will relax and rejuvenate our bodies and minds while improving flexibility and mobility. No previous yoga experience necessary. Please use a stationary chair without wheels and dress in comfortable, layered clothing.

Chanting Our Own Songs (Virtual)

Maia Twedt &
Anne Supplee

Thurs., June 22

4:00pm - 5:00pm

In this session we will listen to different forms of chanting and consider; what are the songs within you? What are the songs from your childhood? The songs you present to the world? What are the songs dancing around inside you but not expressed? Are there others you might join with in song? This session includes listening to chanting and group discussion.

Conscious Creating (Virtual)

Stephanie Siddiqui

Wed., May 3, 31

1:30pm - 3:00pm

Feeling creative or playful or unsure? Use your intuition for whatever artistic media you like to use. You can create paper collages, digital art, sketch, paint, weave, carve, knit, etc... use this creative time together to be inspired and share your artistic expression/passion/insights. Consciously create what you emotionally react to for wellness and healing. Create with others with the intention of expressing what is important to you at this moment for healing with a different theme each month. Please come to be inspired by yourself and others and to please share your visual art talents.

Courageous Writers Group (Virtual)

Jeanne Bain

Tues., May 2

1:00pm - 2:30pm

Your personal healing journey has many colorful and interesting layers, some joyful, some painful, all very rich. We can infuse our words with humor and delight and at other times we can dig deep into our pain and discomfort. All types of stories are welcome here, as are writers at any level of experience. Join this group of writers to stretch & strengthen your writing muscles and be in community.

Creative Journaling (Virtual)

Kate Wolfe-Jenson

Fri., May 12, 26, June 9, 23

10:00am - 12:00pm

Join us as we use creative journaling techniques to explore the challenges and gifts of living with illness. We will spend our time with journaling prompts, writing, sharing what we have discovered, and simple guided meditations. Topics will be suggested by participants of this ongoing group. Newcomers always welcome. Bring your journal and something with which to write. You may want to have colored pencils or markers available.



Creative Journaling: Befriending Your Body (Virtual)

Kate Wolfe-Jenson

Fri., June 16

10:00am - 12:00pm

Do you ever feel like your body is the enemy? In this culture and when facing illness, it's easy to receive (or even create) unhelpful messages about our bodies. Using simple creative journaling and meditation techniques, we'll explore our relationships with our bodies and rediscover them as allies. Please bring your journal or a notebook. You may also want to have colored pencils or markers and a small morsel of food (a raisin or other piece of fruit) available.



Creative Journaling: Cultivating Resilience in Challenging Times (Virtual)

Kate Wolfe-Jenson

Fri., May 19

10:00am - 12:00pm

How can you maintain your mental health during this time of pandemic? Using simple creative journaling and meditation techniques, we'll explore and practice the skills that lead to well-being and help us calm ourselves and live with joy. Please bring your journal or a notebook. You may also want to have colored pencils or markers available.



Exploring Isolation & Connection (Virtual)

Barbara McCleary

Mon., May 22, June 26

2:00pm - 3:15pm

Why are our relationships so vital to our emotional and physical well-being? Is there a difference between isolation, solitude and loneliness? If I am alone, does it mean I am lonely? How come I feel so alone when I am in this crowded house with my whole family? What types of connection do we require to thrive? Are technology and social media bad for me? What is meant by quality interactions? How can I build new connections? Why is service to others an antidote to loneliness? In this group, we will explore these questions and more.



Finding Acceptance Within the Impermanence of Your Chronic Condition (Virtual)

Lesley Koehnen

Tues., May 2, 9, 16 (Series)

12:00pm - 1:15pm

Chronic Conditions often are wrought with on-going change. In this group session we will focus on finding acceptance while living with an ever-changing (sometimes daily) chronic disease. Please come with a paper and a pen or pencil. (Multi-Session Series)



Grieving Our Losses (Virtual)

Karen Greer

Thurs., June 8

1:00pm - 2:30pm

Change requires adjusting to the loss and the grief. These are challenging times with many new losses. How can we manage through all of these losses, and all of the grief? We may be grieving on a micro and a macro level. We will explore our reaction to loss, how that impacts us and how we might go about healing. There will be a ritual at the end so we might practice "letting go". Join us!



Group Gyrokinesis (Virtual)

Susan Gaines

Wed., May 24, June 21

2:00pm - 2:45pm

Gyrokinesis is a gentle, rhythmic movement practice that shares principals with tai chi and yoga. These group sessions meet you where you are, helping you to create space in the joints and length in the muscles, with the primary focus on articulation of the spine. Bring a stool or a chair and a mat. If possible also bring a folded blanket or firm pillow. Wear comfortable clothing. Bare feet or socks. Connecting via VIDEO is preferred.

VIRTUAL GROUP SESSIONS

Continued



Healthy and Simple Meals (Virtual)

Fri., June 16

Mariola Minta
1:00pm - 2:00pm

In this online cooking presentation, you will learn how to prepare simple and tasty meals for yourself and others. Most of the recipes will be based on a plant-based diet. Gluten-free and low carb alternatives will be mentioned as needed.



Integrate Meditative Movements Into Your Daily Routine (Virtual)

Tues., May 2, 16, 30, June 13, 27

Ellie Chamuel
9:30am - 10:00am

Meditative Movements has been shown to reduce anxiety, depression and fatigue while improving emotional and functional well-being per a 2017 University of Minnesota research study. The technique uses movements which are adaptable to anyone's physical ability and combines them with the breath and spoken core value affirmations.



Inter-Play (Virtual)

Thurs., May 11
Tues., June 13

Spruce Krause
10:30am - 12:00pm

Get your body moving in a gentle and playful way. For this class, you may either sit or stand or a bit of both. You may also choose to take some time to just witness, watch what others are doing, and have that experience in your body/spirit. Discover how your body likes to move. We will add some sounds, words, and laughter for a wonderful playful "soup." This practice is simple, fun, and you may continue to play what you learn on your own.



Intermediate Tai Chi Chih Practice Group (Virtual)

Fri., May 5, 12, 19, 26, June 2, 9, 16, 23, 30

Marlena Vernon
9:30am - 10:30am

This intermediate Tai Chi Chih for Health ongoing group assumes fundamental knowledge of the Tai Chi Chih principles and circular, repetitive movements from introductory sessions. We will focus on deepening the experience of the basic 19 repetitive mindful movements, explore techniques for addressing physical and emotional challenges, and establish a foundation for integrating the practice into our lives.



MBSR All-Day Refresher Retreat with Hennepin Healthcare's Integrative Health Division

Sat., May 6

Cass McLaughlin
8:30am - 4:30pm

This is a VIRTUAL All-Day Mindfulness-Based Stress Reduction (MBSR) retreat refresher. Only for those who have attended the an (MBSR) 8-week program in the past. A healthy lunch is encouraged for your preparation ahead of time, to have it ready. This day will mostly be held in silence. Set up a space where you will not be disturbed and can focus your attention on the retreat. Please send an email to mindfulness@HCMED.org to register with your name, phone number and the date of the all-day retreat.



Sing and Share Freely (Virtual)

Wed., May 17, June 21

Stephanie Siddiqui
1:30pm - 3:00pm

Sing and share freely virtually for a healing community singing circle and open mic. Participants are invited to join in song together and space will be created for individuals to share in an open mic format (but not required!). Come to listen, participate and have fun! No musical experience is required.



Sound of Soul Chant (Virtual)

Mon., May 1, June 5

Linda Duncanson
11:00am - 12:00pm

Experience the sound of Soul through chanting. HU is the Sound behind all sounds, woven into the language of life. You will get into a comfortable seated position and be guided with instructions on how to open your inner self to the Sound of Love. We will chant for 15-20 min and then go into a quiet contemplation/meditative state to open yourself to inner peace and guidance. You can heal your body, mind and spirit. You will gain a sense of peace, love and balance in your life. After the chant we will have a brief discussion on a topic or your experience of the mediation/contemplation.



Spiritual Handwriting with the Vimala Alphabet (Virtual)

Fri., May 19, June 9

Shannon Poppie
10:00am - 11:15am

Discover a soul-nurturing handwriting practice that can transform your life by connecting you with your authentic Self. (TRANS: go beyond. FORM: physical form.) This sacred technology has NOTHING to do with handwriting analysis and was not created to improve penmanship - it was created to improve lives! This introductory session will give you more than enough information to begin your own writing practice if you choose. Please have unlined paper, a pen and a writing surface for this session.



Spring Forest Qigong Healing Circle (Virtual)

Tues., May 9, June 6

Gadu Doushin
6:30pm - 7:30pm

In Spring Forest Qigong Group Healing Circle, the participants will learn simple Qigong movements and be guided in Qigong healing meditation. Please wear comfortable clothes for Qigong movements and meditation.



Spring Forest Qigong Healing Circle and Practice Group (Virtual)

Mon., May 1, 8, 15, 22, June 5, 12, 26

Barb Palmer
1:00pm - 2:00pm

Please join us as we gather to share our Love Energy with each other and balance our energy. You will be guided as you practice the simple, gentle movements followed by a guided healing meditation. You will be sent energy during the group session to help you balance your physical, emotional and spiritual well being. Qigong combines gentle movements, breathing, mental focus, and sound and can be done standing or sitting.



Tai Chi Chih: Joy Through Movement (Virtual)

Tues., May 2, 9, 16, 23, 30, June 6, 13, 20, 27

Marlena Vernon
10:00am - 11:00am

This introductory practice consists of a series of gentle, simple movements that develop inner awareness of energy flow within the body which can open up Chi blockages and can be done at all levels of ability. The repetitive mindful movements are designed to allow a balancing and circulation of Chi and may be done standing or seated. It has been described as "acupuncture without needles."



Tai Chi for Rehabilitation (Virtual)

Mon., May 24, June 28

Stephanie Siddiqui
1:30pm - 2:30pm

This is a wonderful Tai Chi for Health form that is a mix of Sun, Yang, and Chen Styles and it is great for beginners and intermediate levels. Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. Tai Chi for Health uses a stepwise progressive teaching method in each class. We spend 15 minutes on warm-ups or qigong movements, 15 minutes on stepwise instruction, 15 minutes on practice, and 15 minutes on cool down and reflection. This program endorsed by many health organizations was started by Dr. Paul Lam.

VIRTUAL GROUP SESSIONS Continued



Thank and Grow Rich: Gratitude Book Club (Virtual)

Christine Smith
Sanchez-Peterson

Wed., May 3, 10, 17, 31, June 7, 14, 21 (Series)

11:00am - 12:30pm

Thank and Grow Rich: A 30 Day Experiment in Shameless Gratitude and Unabashed Joy by Pam Grout. Abundance, love and peace result from thanking not thinking. When you are grateful, feeling grateful, experiencing the frequency of gratitude, things just seem to line up, work out and like magic, possibility happens. This session will be like a book club study but with a twist. It's a gratitude class too. It includes reading, exercises, and discussing results. Plan on practice, participation and a little homework. Thank and Grow Rich is about proving to yourself that practicing gratitude is powerful and life changing. (Multi-Session Series)



The Enneagram and Our Health Journey (Virtual)

Kate Jackson

Wed., May 10

1:00pm - 3:00pm

The Enneagram is a self-awareness tool that offers insight into our thoughts, feelings, behaviors and motivations. This session introduces the nine personality types and how our type can impact the way we journey with health as well as how others (practitioners and loved ones) may perceive us. We will not be identifying individual Enneagram types in this workshop, but you can take this online test to get started on identifying your type if you'd like. <https://www.enneagraminstitute.com>. We usually wrap up in 90 minutes, but I like to allow time for questions.



Weekly Mindfulness Meditation Practice Session (Virtual)

Cass McLaughlin

Mon., May 1, 8, 15

9:00am - 9:45am

Start the week mindfully with an online meditation practice mostly using the practices from the Mindfulness-Based Stress Reduction (MBSR) program. Session led by a facilitator who is a qualified MBSR teacher and is also trained in Trauma Sensitive Mindfulness and Mind-Body Skills. Participants will be guided to listen to what is needed and/or use the time to support their own ongoing practice.



Writing for Healing (Virtual)

Wendy Brown-Baer

Thurs., May 25, June 8, 22

1:00pm - 2:30pm

Writing is a way to access our inner guidance, fire up our creativity, and care for ourselves with compassion. We use a simple technique of spontaneous free writing. This means that we write in short bursts of 7- 8 minutes and share what we wrote, followed by supportive, positive feedback. The purpose is to tap into our inner voice and to spark conversation. This is ideal for those with health challenges and caregivers. All levels of writers welcome.



Yoga Nidra (Virtual)

Sue Salmela

Thurs., May 11, 18, June 8

10:00am - 11:00am

Yoga nidra is a relaxation technique for releasing stress and tension held in the body. Participants will experience a deep level of relaxation with this gentle flow of meditation and guided imagery while allowing the body to restore and balance itself. Please have available: yoga mat, blanket, pillow for your head and under your knees, if desired. We will begin with a seated guided meditation and then participants will lie on a flat surface, floor, bed, or sofa for yoga nidra.

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On behalf of all of us here at Pathways, thank you for 35 years of your continued support! Here's to many more!

