Pathways

JANUARY & FEBRUARY 2024

CALENDAR OF SERVICES

Healing Within, Renewing Life.

2 3115 Hennepin Avenue South, MPLS, MN 55408 <u>www.pathwaysminneapolis.org</u> Scheduling@pathwaysmpls.org







612-822-9061

IMPORTANT PATHWAYS UPDATE

Thank you to everyone in the Pathways community for your continued patience and support over these last few months since our big organizational changes this past summer. We're glad to say that we have a huge update for you now in regards to the Pathways building in Uptown.

As many of you know by now, we have significantly reduced the amount of in-person services and have focused on offering a robust online service model in the wake of COVID-19 and the recent restructuring over the summer. Due to this, and the financial circumstances Pathways is in, the difficult decision has been reached to sell our beautiful building. There were several factors in reaching this decision:

- Significant pandemic-related building underutilization.
- The increase accessibility of services through virtual offerings.
- · Accessibility. Unfortunately, our second-floor and lower-level spaces are inaccessible to some of our participants without adding an elevator, which is fiscally and operationally challenging.
- · Cash related to the building sale will provide the organization with much-needed resources and better place us in a position to determine and respond to organizational needs.

THE PATHWAYS TEAM



Emerson Smith (he/him) Operations Manager emerson@pathwaysmpls.org

The sale of our building brings sadness for all of us. It's a beautiful space that embodies all that Pathways means. We will look at new options for space that better suit our community needs. When a building sale date is confirmed, we'll host an open house for all to honor the gift it has given over these past 30 years.

Again, we really want to thank you for your support over these last few months. We hope to have plenty more updates to share with you soon!

PROVIDER HIGHLIGHT: SHANNON POPPIE



Shannon Poppie has been a volunteer Provider since 2019, offering sessions on the Vimala Handwriting System. She fell in love with the practice in 2014 and became a Certified Handwriting Specialist the following year, after which her coaching business, The Choice Is Yours LLC, was founded. In her own words, "once I began my own handwriting practice...I felt a stronger connection with my soul and more inspired to follow the whispers of my inner guidance!" You can find her sessions on page 7 and on our website!



VIRTUAL **PROGRAMMING**

Pathways offers virtual programming using the Zoom online platform. Please <u>visit our website here</u> 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; dropin 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 <u>New Participant Orientation</u> 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, <u>visit our website here</u> 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

Wed. 1/10 at 12:00pm
Thurs. 1/25 at 11:00am
Wed. 2/7 at 1:00pm
Thurs. 2/22 at 11:30am

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.



GET INVOLVED!

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 with life-threatening illnesses, chronic conditions and health inequities due to the generosity of our Volunteer Providers and our community. We are funded primarily through

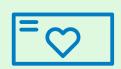
individual donations, so please consider supporting Pathways by making a donation today!



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



Individual Acupuncture (In-Person)

NWHSU

Mon., Jan. 8, 22, 29 (Series) Mon., Feb. 5, 12, 26 (Series) 1:00pm - 2:15pm 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.

IN-PERSON GROUP SESSIONS

Listed alphabetically by session title



QQ Community Acupuncture (In-Person)

NWHSU

Mon., Jan. 8, 22, 29 (Series) Mon., Feb. 5, 12, 26 (Series)

1:00pm - 2:00pm 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 socailly 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.

VIRTUAL ONE-ON-ONE SESSIONS



Bio-Energy Healing (Virtual)

Ann Agrimson

Thurs., Jan. 25, Feb. 22 12:00pm - 1:00pm 1:30pm - 2:30pm

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.



JanMarie Roehl 9:30am - 10:30am

Mon., Jan. 8, Feb. 5

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



O Compassionate Listening (Virtual)

balance and grounding in your present time experience.

Sue Salmela

Mon., Jan. 22, 29, Feb. 12

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., Jan. 9, 16, Feb. 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.



Distance Reiki (Virtual)

Cindy VanDrasek-Pai 9:30am - 10:00am

Mon., Jan. 8, 22, Feb. 5 Tues., Jan. 9, 23, Feb. 6, 20

Wed. Feb. 21

Reiki is positive, universal life energy and complements any current medical regimen a person may be following. The power of Reiki is not wielded by the provider, but is directed so it activates the energy spontaneously in response to the need. A name and date of birth will be requested so that the energy can be activated within the participant. Reiki sessions last between 25 minutes and balance the whole person as well as stimulate the body's own natural healing ability.



(O) Energy Healing (Virtual)

Lynn Mader

Wed., Jan. 9, 16

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

Energy Healing focuses on opening up and balancing the body's energy fields to help support your own natural healing ability. During your session you will be asked to find a comfortable position and relax either sitting or laying down. People have described responses to a session as deeply restoring, pain relieving, grounding, and restful.



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VIRTUAL ONE-ON-ONE SESSIONS



Guided Imagery (Virtual)

Tues., Jan. 2, 9, 16, 30, Feb. 13, 20, 27

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!



Healing Touch (Virtual)

Tues., Jan. 9, 23, Feb. 6, 20

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.



Health Coaching (Virtual)

Thurs., Jan. 11, 18, 25 (Series)

Thurs. Feb. 1, 8, 15 (Series)

Claire Stuckey

2:00pm - 3;00pm

3:00pm - 4:00pm

Health coaching is a participant-centered confidential process to facilitate and empower the participant to achieve self-determined goals related to health and wellness. Health coaches apply clearly defined knowledge and skills so that participants mobilize internal strengths and external resources for sustainable change. (Multi-Session Series)



Integrative Health and Well-Being Coaching (Virtual)

Wed., Jan. 10, 17, 24 (Series)

Mary Dobish

11:00am - 12:00pm

12:15pm - 1:15pm

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 $established \ small \ steps \ toward \ actualizing \ your \ personal \ well-being.$ Health coaching is a series of three appointments. 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)

Carla Beach

Wed., Jan. 3, 10, 17 (Series) Wed. Feb. 7, 14, 21

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)

Marilaurice Hemlock or Anne Archbold

Fri., Jan. 11, 25 Wed., Feb. 7

10:00am - 10:45am 11:00am - 11:45am

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



Spirit Allies (Virtual)

Jan Page

Thurs., Jan. 11, 25, Feb. 8, 22 1:30pm - 2:45pm

3:00pm - 4:15pm

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.



Stress Less Now (Virtual)

Linda Duncanson

Fri., Jan. 5, Feb. 2

12:00pm - 1:00pm

You will be guided through a session with me supporting you as we look at why you feel stress, stuck, have anxiety, depression or keep repeating the same old habits that you don't want any more. Once we identify those core limiting beliefs we will shift them to beliefs that support your wishes, desires and goals.



Too Much Togetherness (Virtual)

Barbara McCleary

Mon., Jan. 8, 22

11:00am - 12:00pm 12:00pm - 1:00pm

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, children, roommate(s), or a larger extended family, 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)

Myo-O Marilyn Habermas-Scher

Wed., Jan. 10, Feb. 7

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.



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VIRTUAL GROUP SESSIONS Listed alphabetically by session title



Adventure with Inspiration and Gratitude (Virtual)

Stephanie Siddiqui

Wed., Jan. 3, 31, Feb. 28

12:30pm - 1:30pm

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.



QQ Being Open-Hearted (Virtual)

Maia Twedt & Anne Supplee

Tues., Feb. 13

4:00pm - 5:00pm

Gather before Valentine's day to reflect on self-love, divine love, and love of others near and far. This will be a time to tend heartache as well as reflect on the beauty of love growing (in expected or unpredictable ways). Join us for reflection, poetry and a contemplative practice. Please bring a piece of paper and pen or markers to this session (more for contemplating and focusing than for sharing).



QQ Chair Yoga Therapy (Virtual)

Mon., Jan. 8, 29, Feb. 12, 26

Julie Shannon Williams 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.



QQ Conscious Creating (Virtual)

Wed., Jan. 17, Feb. 14

Stephanie Siddiqui 12:30pm - 1:30pm

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.



Create Your Daily Well-Being Reminders (Virtual)

Wed., Jan. 17

Kate Wolfe-Jenson 11:00am - 12:00pm

January is a great time to recognize your daily rhythm and recommit to doing what supports your well-being. We'll use creative journaling prompts to uncover what's important to you, what rhythms best support your bodymind, and what intentions you want to set routinely. You will finish this class with a list you can use to begin each day with energy and purpose. Journaling helps us become aware of our thoughts and feelings and sharing our discoveries help us understand we aren't alone on our healing journeys. Bring your journal and something with which to write.

Exploring Isolation & Connection (Virtual)

Mon., Jan. 22

Barbara McCleary 2:00pm - 3:15pm

Why are our relationships so vital to our emotional and physical wellbeing? 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 12:00pm - 1:15pm

Tues., Jan. 16, 23, 30 (Series) Tues., Feb. 13, 20, 27 (Series)

Chronic Conditions often are wrought with on-going change. In these 3 group sessions 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)



QQ Grieving Our Losses (Virtual)

Karen Greer

Thurs., Jan. 4, Feb. 8

12:30pm - 2:00pm

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!



QQ Group Gyrokinesis (Virtual)

Susan Gaines

Tues., Jan. 24, Feb. 27

2:30pm - 3:15pm

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.



QQ Healthy and Simple Meals (Virtual)

Mariola Minta 1:00pm - 2:30pm

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.



Healthy Body, Healthy Mind, Healthy Soul (Virtual)

Sue Salmela & Mary Sanders

Tues., Jan. 16, 23, 30 (Series)

10:30am - 12:00pm

Healthy Body, Healthy mind, Healthy Soul (this is a series and participants can attend one or all sessions) Our body, mind, and soul are interconnected. When one is out of balance it often impacts the quality of the other two. An integrated and balanced body-mind-soul connection is a pathway to the healthiest and most vibrant version of you. This class offers a variety of practices that will bring renewed energy to your body, peace to your mind, and nurturing light to your heart and soul. We invite you to come in comfortable, relaxed clothing and have a chair handy (that has no arms or wheels), a yoga mat, pillows, and blankets.



VIRTUAL GROUP SESSIONS

Continued



QQ Inter-Play (Virtual)

Thurs., Feb. 8

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. This practice is simple, fun, and you may continue to play what you learn on your own.



Intermediate Tai Chi Chih Practice Group (Virtual)

Marlena Vernon 10:00am - 11:00am

Spruce Krause

10:00am - 11:00am

Fri., Jan. 12, 19, 26, Feb. 2, 9, 16, 23

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.



QQ Nourish Yourself! (Virtual)

Wed., Feb. 21

Kate Wolfe-Jenson 11:00am - 12:00pm

Do you sometimes feel like something's missing in your life? We'll use creative journaling prompts to excavate what that might be. You'll look at what nourishes you and how you might Invite more of it into your world. Journaling helps us become aware of our thoughts and feelings and sharing our discoveries helps us understand we aren't alone on our healing journeys. Bring your journal and something with which to write.



QQ Sing and Share Freely (Virtual)

Wed., Jan. 24, Feb. 21

Stephanie Siddiqui 12:30pm - 1:30pm

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!



QQ Sound of Soul Chant (Virtual)

Mon., Jan. 8, Feb. 5

Linda Duncanson 12:00pm - 1:00pm

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, and gain a sense of peace, love and balance in your life.



Spiritual Handwriting with the Vimala . Alphabet (Virtual)

Thurs., Jan. 11, Feb. 15

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 and Practice Group (Virtual)

Barb Palmer

Mon., Jan. 8, 22, 29, Feb. 5, 12, 26

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.



QQ Tai Chi for Rehabilitation (Virtual)

Stephanie Siddiqui 12:30pm - 1:30pm

Wed., Jan. 10, Feb. 7

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.



Weekly Mindfulness Meditation Practice Session (Virtual)

Cass McLaughlin

Mon., Jan. 8, 22, 29, Feb. 5, 12, 26

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.



QQ Writing for Healing (Virtual)

Wendy Brown-Baez 1:00pm - 2:30pm

Thurs., Jan. 11, 25, Feb. 8, 22

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.



QQ Yoga Nidra (Virtual)

Wendy Brown-Baez 10:00am - 11:00am

Thurs., Jan. 11, 25

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.