

# Pathways

Healing Within. Renewing Life.

## March & April 2023 Calendar of Services: In-Person & Virtual Programming

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Erika Backberg, Executive Director

Sarah France Ullmer, Program Manager

Emerson Smith, Office Manager

### ***In-Person Programming***

Pathways is offering select one-on-one in-person sessions (listings begin on page four). **Our building will be open to scheduled appointments only. Drop-in visits are not permitted at this time.** For the health of our community, those entering the building agree to follow specific safety precautions.

For more information on our guidelines and requirements, please visit our website: <https://pathwaysminneapolis.org/home/features/in-person-guidelines/>

### ***Virtual Programming***

Pathways programming is offered virtually using the Zoom online platform. Please browse this calendar or visit our website, <https://pathwaysminneapolis.org/home/features/virtual-how-to/> for information and instructions.

### ***Join us for the world premiere of AGAIN!***

Theater Mu is bringing a new Hmong American musical to the stage with AGAIN. Cancer survivor Mai See's life first changes when she meets Quest, an aspiring filmmaker who draws inspiration from Mai See despite her own chronic cancer. However, the news is soon overshadowed when Mai See finds out she has relapsed. It's a musical of unlikely friendships, family complexities, and discovering what in life is worth keeping and what is worth letting go. The musical's book and additional lyrics are by local Katie Ka Vang, who has found strength and community in Pathways during her own cancer journey, and music and lyrics are by Melissa Li. | [theatermu.org/again](http://theatermu.org/again)

### **This is a FRIEND-raiser and FUNdraiser!**

AGAIN opens at Theater Mu on March 29th and runs through April 16th! Support Pathways and Theater Mu in this unique partnership by attending this beautiful musical written by a Pathways community member. More details and links to buy tickets coming soon, so keep an eye on your email inbox and on our website for more information in the near future!



KATIE KA VANG



MELISSA LI



## NEW PARTICIPANT ORIENTATION

This is an online orientation and welcoming for new Pathways participants. In this virtual session, our orientation facilitator will discuss the various services offered and the process for requesting these services. Our organization overview video will be shown and attendees will have the opportunity to ask specific questions at the end of the session.

1. New participants are required to attend an orientation session. It is an essential step before attending other sessions at Pathways.
2. 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](http://www.zoom.us) for more information about the app.
3. To register, please visit our website: [www.pathwaysminneapolis.org/pathways-orientation](http://www.pathwaysminneapolis.org/pathways-orientation)
4. To cancel or reschedule an orientation session, please contact us at [scheduling@pathwaysmpls.org](mailto:scheduling@pathwaysmpls.org).

Upcoming virtual orientation sessions:

- Wednesday, March 8, 2023 - 12:00 PM - 1:00 PM
- Thursday, March 23, 2023 - 3:00 PM - 4:00 PM
- Thursday, April 13, 2023 - 3:00 PM - 4:00 PM
- Wednesday, April 19, 2023 - 12:00 PM - 1:00 PM

## PARTICIPANT CATEGORIES

### 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.). This category is also designed for persons from Category 1 who have no advance in illness following one year of Pathways' services.

### Category 3

For persons in recovery from stress and emotionally based concerns related to physical illness and for persons from Category 2 following one year of receiving Pathways' services.

*We do not offer services directly addressing mental illness and can refer those looking for professional mental health services to other mental health organizations.*

**Category Status is self-identified. However, if you have been a Category 1 or 2 for one year without any advance in illness, we ask that you change your category to the next lower level. This allows the newly diagnosed or those with advancing illness to have the highest priority. Caregivers may choose to select the same category as the person they are caring for.**

## PARTICIPANT-FOCUSED CARE

We strive to provide holistic resources through hospitality, a healing environment, and administrative & programming excellence. How are we doing? We invite you to complete an online evaluation form: [www.surveymonkey.com/r/PathwaysSessionEvaluation](http://www.surveymonkey.com/r/PathwaysSessionEvaluation) or email us directly at [scheduling@pathwaysmpls.org](mailto:scheduling@pathwaysmpls.org).

### **Statement of Purpose**

Pathways provides programs designed to support a creative healing response to illness.

### **Pathways' Services are Free.**

Financial donations and/or volunteer contributions of your time are greatly appreciated and considered an essential part of one's healing journey.

## Session Symbol Key

 One-on-one

 Group

 In-person

 Virtual Series

## SCHEDULING PROCESS

Participants request sessions every month for the following month's programming.

- Participants who submit their session requests by the 25th of each month will be a part of our monthly random assignment process. Higher assignment priority is given to participants with a category 1 or 2 designation.
- If assigned to sessions during the randomization process, a participant will receive an automated email instructing them to log into their account and review their View My Scheduled Sessions page. This page lists all sessions to which a participant was randomly assigned. Sessions that a participant requested, but were not assigned to, will appear on the View My Waitlisted Sessions page.
- Participants are required to confirm or cancel their attendance for each of their assigned sessions. Sessions may only be confirmed within the 5 days prior to a session's scheduled time. However, participants may cancel their session attendance at any time during the month.
- Not all group sessions fill to capacity. Requests made following a monthly randomization automatically add a participant's name to a session waitlist. Waitlists are used to fill open spots and last minute cancellations.



**Renewing Life™ (Virtual)**

**Robin Hartwell, Certified Facilitator**

**Thursdays, March 30, April 6, 13, 20, 27,  
May 4, 11, 18**

**8 session series. Commitment to all 8 weeks is required.**

**10:00am - 12:00pm**

Renewing Life™ is a program designed to empower individuals to live well amidst life-threatening or chronic physical illness as well as challenging life transitions. Weaving together holistic tools and life experiences, Renewing Life™ invites individuals to discover and create new ways of being within a supportive environment.

- Session 1 - Renewing Life
- Session 2 - Partnering with Mind/Body/Spirit
- Session 3 - Nourishing Relationships
- Session 4 - Restoring Spirit
- Session 5 - Expressing Feelings
- Session 6 - Making Meaning
- Session 7 - Creating Healing Spaces
- Session 8 - Loving and Celebrating a Renewed Life

There is a suggested donation of \$45.00 for participating in the Renewing Life™ program. Your contribution covers the ongoing costs of the Renewing Life™ program.

*Click here to register!*

### 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 reach this goal, the following are not allowed within the building and property:

- The use of perfume, cologne and/or essential oils
- The application of any body products while at Pathways except fragrance-free lotion
- Smoking and tobacco products

In order to be in compliance, no application of perfume, cologne and/or essentials oils should be made to your body, hair, and/or clothes for twenty-four (24) hours prior to your attendance at Pathways.

### Pathways Social Justice Equity Statement

*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.*



## IN-PERSON ONE-TO-ONE (1-1) SESSIONS (Listed alphabetically by session title)

### **1-1 Custom Qigong: Finding The Healer**

**Within (In-Person)**

*Laura Thorpe*

Wed., March 1, 8, 15, 22, 29

10:00am - 10:45am

11:00am - 11:45am

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 own internal healing resources. Maximize your body's function by cultivating energy with specific exercises that stimulate your organ systems for renewed vitality.

### **Advanced Care Planning Individual Or Pairs (In-Person)**



*Lin Butler*

Tues., March 21

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 care giving partner is welcome to attend.

### **Alexander Technique (In-Person)**

*Erik Gundersen*

Fri., March 10, 17, 24 (3 Sessions)

11:00am - 12:00pm

Fri. April 7, 14, 21 (3 Sessions)

Alexander Technique meets individuals where they are, helping each participant to recognize patterns causing excess tension so that it can be released. Participants leave sessions with feelings of increased calm, ease in breathing and freedom in movement. **(Multi-Session Series)**

### **Bio-Energy Healing (In-Person)**

*Ann Agrimson*

Wed., March 15

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., March 21

3:30pm - 5:00pm

Wholeness and health require nurture and balance in all four dimensions of your life. 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*

Tues., March 28

1:00pm - 2:30pm

Thurs., April 13

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., March 1, April 5

2:00pm - 3:00pm

3:15pm - 4:15pm

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)**

*NWHSU*

Mon., March 6, 13, 20 (3 Sessions)

1:00pm - 2:00pm

Mon. March 27, April 3, 10 (3 Sessions)

2:00pm - 3:00pm

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. Participants typically remain fully clothed 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*

Fri., March 3, 10, 17, 24, 31, April 7

9:45am - 11:00am

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 prevent excessive friction. Participants may choose to undress to their comfort level. 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.*

### **Shiatsu Massage (In-Person)**

*Mary LeSourd*

Thurs., March 9, April 13

2:30pm - 3:30pm

3:30pm - 4:30pm

Shiatsu Massage is a form of Eastern bodywork that honors the mind-body-spirit connection by treating the person as a whole and restores a person's energy flow by applying pressure to the 'meridians' or energetic pathways. Session is received fully-clothed (please wear loose fitting clothing) and includes stretching, breath awareness, and pressure through the hands, elbows, knees and feet.

 **Soul & Energy-Based****Healing (In-Person)**

Tim Hanson

Tues., March 14, 28, April 11, 25

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.

**IN-PERSON GROUP SESSIONS**  
(Listed alphabetically by session title)

 **Community Acupuncture (In-Person)** NWHSU

Mon., March 6, 13, 20 (3 Sessions)

1:00pm - 2:00pm

Mon. March 27, April 3, 10 (3 Sessions)

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. 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**  
(Listed alphabetically by session title)

 **Bio-Energy Healing (Virtual)**

Ann Agrimson

Wed., April 19

1:00pm - 2:00pm

2:30pm - 2:30pm

This distance healing session begins with a check-in, after which 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.

 **Compassionate Listening (Virtual)**

Sue Salmela

Mon., March 6, April 10, 17

10:00am - 11:00am

This session offers a presence and a listening ear. Feel free to prepare 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)**

Sue Salmela

Tues., March 14, 21, April 11, 25

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

Mon., March 27, April 10, 24

9:30am - 10:00am

Tues., March 28, April 11, 25

Reiki is positive, universal life energy that complements any medical regimen a person may be following. The Reiki energy 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. When the session is complete, the provider will be available for feedback.

 **Energy Healing (Virtual)**

Lynn Mader

Wed., March 8, 15

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.

 **Guided Imagery (Virtual)**

Mary Ellen Kinney

Tues., March 14, 28, April 11, 25

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)**

Mary Johnson

Tues., March 7, 21, April 4, 18

12:00pm - 12:45pm

1:00pm - 1:45pm

This 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)***Mary Dobish*

Wed., March 12, 19, 26 (3 Sessions) 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.

**(Multi-Session Series)** **Life Coaching (Virtual)***Carla Beach*

Wed., March 1, 8, 15 (3 Sessions) 9:30am - 10:30am

Wed. April 5, 12, 19 (3 Sessions) 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: Options and Conversation (Virtual)***Anne Archbold &**Marilaurice Hemlock*

Wed., March 1 12:00pm - 12:45pm

1:00pm - 1:45pm

Tues., April 4 10:00am - 10:45am

11:00am - 11:45am

This session is tailored to the needs and questions of the participant about after-death options. Common topics 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 these times in which we cannot gather as we wish.

 **Too Much Togetherness (Virtual)***Barbara McCleary*

Mon., March 6, 20, April 3, 17 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, children, 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. 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., March 22, April 19 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)***Stephanie Siddiqui*

Wed., March 15, April 19 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.

 **Asking For Help Successfully (Virtual)***Kate Jackson*

Wed., April 12 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.

 **Awakening Happiness in Difficult Times (Virtual)***Spruce Krause*

Tues., March 7 10:30am - 12:00pm

Authentic happiness is big enough to hold it all - contentment, peace, grief, fear, anger, compassion, kindness, generosity, all the flavors of living. Learn easy-to-use tools to help promote more ease, contentment and peace as well as reduce anxiety - regardless of what is happening within or without. Have some paper and colors (markers, crayons, etc) handy for a simple written exercise.

 **Breathing to Decrease Anxiety (Virtual)***Deanna Reiter*

Wed., April 26 6:30pm - 7:30pm

In this workshop you will learn and practice a few simple breathing exercises which can have a huge impact on your overall wellbeing to help decrease stress and anxiety in your life. You will also discover how to fall asleep in a minute or less, how to breathe through difficult moments and how to breathe to help minimize pain.

 **Community Shamanic Circle (Virtual)***Valerie Ohanian**& Lin Butler*

Sat., March 18, April 15 7:00pm - 9:00pm

Come explore the shamanic path. 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. Please have a drum and / or rattle nearby - even a vitamin bottle can be a rattle and two sticks can serve as a drum. We will create a powerful circle together that will support our own healing and the healing of others. Please log on a few minutes early.

**Conscious Collage  
Creating (Virtual)**

Wed., March 1, April 5

*Stephanie Siddiqui*  
1:30pm - 3:00pm

Feeling creative or playful or unsure? Use your intuition for paper collage-making. Create a paper collage with others with the intention of expressing what is important to you at this moment for healing. For the virtual class, please have a sketchbook or loose paper, a glue stick, or adhesive tabs, and 5-15 pages of images or words from magazines/photos/printouts that emotionally excite you for known or unknown reasons.

**Creative Journaling  
(Virtual)**

Fri., March 10, 24, April 14, 28

*Kate Wolfe-Jenson*  
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—newcomers always welcome. Bring your journal and something to write with.

**Creative Journaling: Befriending  
Your Journey (Virtual)**

Thurs., April 20

*Kate Wolfe-Jenson*  
10:00am - 12:00pm

Has becoming ill detoured you from the life you planned? Health crises can rearrange your priorities, giving rise to anger, sadness or confusion. Using creative journaling and meditation, we'll explore our journeys and uncover kind practices and promises that can invite resilience and move you toward self-compassion and joy. Please have your journal or a notebook on hand. You may also want to have colored pencils or markers available.

**Creative Journaling: Befriending  
Your Mind (Virtual)**

Thurs., March 16

*Kate Wolfe-Jenson*  
10:00am - 12:00pm

Are you sometimes beset by fears, anxiety and other negative emotions? Learn how your journal can become a tool for practicing self-compassion. We'll use simple creative journaling and meditation techniques to greet emotions with gentle curiosity that moves us toward healing. Please have your journal or a notebook on hand, and colored pencils or markers available.

**Exploring Isolation  
& Connection (Virtual)**

Mon., March 20, April 17

*Barbara McCleary*  
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? We will explore these questions and more.

**Finding Acceptance Within the Impermanence  
of your Chronic  
Condition (Virtual)**

Tues., March 7, 14, 21 (3 Sessions)

*Lesley Koehnen*  
12:00pm - 1:15pm

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

**Grieving our Losses (Virtual)**

Thurs., March 23, April 27

*Karen Greer*  
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!

**Group Gyrokinesis (Virtual)**

Wed., March 22, April 26

*Susan Gaines*  
1:30pm - 2:15pm

Gyrokinesis is a gentle, rhythmic movement practice that shares principles 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. Wear comfortable clothing. Connecting via VIDEO is required.

**Group Health Coaching  
Series (Virtual)**

Thurs., March 23, 30, April 6, 13, 20

*U of M*  
6:00pm - 7:30pm

Pathways and the U of M's Integrative Health Coaching Program are collaborating to bring provide a unique opportunity to receive support in a 5-week group coaching series: Managing any chronic health condition can be challenging but we know that through social support in a nonjudgmental environment we can improve all aspects of our lives. University of Minnesota graduate health coaching students will support and empower you to discover new insights, gain clarity, address challenges, and grow holistically - body, mind, and spirit. Participants must attend all sessions and will be contacted once sessions are confirmed for a 1:1 pre-screening. **(Multi-Session Series)**

**Healthy and Simple  
Meals (Virtual)**

Wed., April 19

*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)**Ellie Chamuel  
Tues., March 14, 28, April 4, 18 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.

**Intermediate Shamanic  
Journeying (Virtual)**Valerie Ohanian  
Mon., March 27 9:00am - 11:00am

For those who have completed our Introduction to Shamanic Journeying class, or who have learned and practiced Shamanic Journeying from others, we will explore deeper journeys, and the possibility of journeying to bring help to others. Those who attend should feel comfortable accessing the lower and upper worlds of shamanic imagery. Please bring drum, rattle, or other percussion instrument (anything you can create rhythm with is fine, even a bottle of pebbles or supplements), and a notebook.

**Intermediate Tai Chi Chih  
Practice Group (Virtual)**Marlena Vernon  
Fri., March 10, 17, 24, 31 9:30am - 10:30am  
Fri., April 7, 14, 21, 28

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.

**Reconnecting To Life After Cancer:  
Build and Use Personal  
Strengths (Virtual)**Kathy Washburn  
Wed., March 8 12:00pm - 1:30pm

In this course you will be invited to discover your personal strengths and experience exercises to apply how to use them in new ways to increase happiness and self-empowerment. So often our focus is on improving our weaknesses. In this course you will learn why it is equally, if not more powerful, to focus on the personal character traits that come naturally to help us through our life experiences.

**Reconnecting To Life After Cancer:  
Cultivating Gratitude and Appreciation  
of Life (Virtual)**Kathy Washburn  
Wed., April 12 12:00pm - 1:30pm

In this course you will learn how to incorporate gratitude and appreciation into your life. Different practices will be introduced so you can find the one that resonates with you. You will also discover the latest research on the many benefits of cultivating gratitude.

**Sing and Share  
Freely (Virtual)**Stephanie Siddiqui  
Wed., March 8, April 12 1:30pm - 3:00pm

Sing and share freely virtually for a healing community singing circle and open mic. Why is singing healing? Stimulating the vagus nerve benefits your autonomic nervous system and mental health which gives a sense of calmness, compassion, and community. The vagus nerve is connected to your vocal cords and the muscles at the back of your throat. Singing, humming, chanting, and gargling can activate these muscles and stimulate your vagus nerve. Come to listen, participate and have fun! No musical experience is required.

**Slow Flow Chair Yoga  
(Virtual)**Mary Sanders  
Tues., March 21, 28, April 4, 11 10:30am - 11:15am

Absolutely no experience is necessary for this yoga practice. From our chairs we will engage in gentle and flowing movement that will stimulate circulation of blood and oxygen throughout our bodies. Adaptations will be offered to help make this class available and fun for everyone. Slow Flow will leave you feeling calm and refreshed and help you cultivate gratitude for everything your body can do. Please have a pillow or blanket available to place under your feet.

**Spiritual Handwriting with the Vimala  
Alphabet (Virtual)**Shannon Poppie  
Wed., March 8, April 5 6:00pm - 7:15pm

Discover a soul-nurturing handwriting practice that can transform your life by connecting you with your authentic Self. 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 stable writing surface for this session.

**Spring Forest Qigong  
Healing Circle (Virtual)**Gadu Doushin  
Tues., March 7, April 18 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)**Barb Palmer  
Mon., March 6, 13, 20, 27 1:00pm - 2:00pm  
April 3, 10, 17, 24

Gather to share Love Energy and receive energy balancing. You will be guided as you practice 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 may be done standing or sitting.

 **Spring Joy (Virtual)**

*Maia Twedt  
& Anne Supplee*  
4:00pm - 5:00pm

Mon., March 20

Join us on the first day of spring! Share what brings joy to your life, what gets in the way of joy? There will be an opportunity to try different contemplative practices: joyful writing, healing touch and guided meditation. Please bring a piece of paper and markers/pencils/pens. You will be invited but not required to share your doodling, writing or reactions.

 **Spring Meditation (Virtual)**

*Maia Twedt  
& Anne Supplee*  
4:00pm - 4:30pm

Mon., April 10

Spring is a time of blooming and freshness. It is also a time of storms and unpredictability. Join this 20-minute guided meditation as we pause to center ourselves to be better able to respond to all that spring has to offer. You are invited to mute yourself and choose whether you want your camera on or off.

 **Tai Chi Chih: Joy Through Movement (Virtual)**

*Marlena Vernon*  
10:00am - 11:00am

Tues., March 7, 14, 21, 28  
April 4, 11, 18, 25

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)**

*Stephanie Siddiqui*  
1:30pm - 2:30pm

Wed., March 22, April 26

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.

 **The Enneagram and Our Health Journey (Virtual)**

*Kate Jackson*  
3:00pm - 5:00pm

Wed., March 8

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>.

 **Weekly Mindfulness Meditation Practice****Session (Virtual)***Cass McLaughlin*

Mon., March 6, 13, 20, April 3

9:00am - 9:45am

Start this week mindfully with an online mindful meditation practice mostly using the practices from the Mindfulness Based Stress Reduction (MBSR) program. Participants will be guided to listen to what they need and/or use the time to support an ongoing practice.

 **Writing For Healing (Virtual)***Wendy Brown-Baez*

Thurs., March 9, 23, April 13, 27

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 will be writing in short bursts of 6 - 7 minutes and sharing what we wrote, followed by supportive positive feedback. This is ideal for those with health challenges and caregivers. All levels of writers welcome.

 **Yoga Nidra (Virtual)***Sue Salmela*

Thurs., March 30, April 13, 27

10:00am - 11:00am

Yoga Nidra is a technique for releasing stress held in the body. Experience a deep level of relaxation with this gentle flow of meditation & guided imagery while allowing the body to restore & balance itself. Please have available: yoga mat, blanket, pillows for your head and under your knees. Session begins with a seated guided meditation and then participants will lie on a flat surface, floor, bed, or sofa.

*Pathways' mission is to provide holistic resources and services for people with physical life-threatening or chronic illness - and their caregivers - to explore and experience complementary healing approaches.*

**Board of Directors Updates**

Thank you to Pam Lampert, Bill Manahan, Mary Shearan and Michele Anderson as Pathways Board Members. We look forward to being in community with you in new ways!

Welcome to Christa Rymal, welcome back to Kristyn Mullen and we are excited to welcome Aurea Gerard as the new Board Chair!