

COMMUNITY EVENTS AT THE BAKKEN CENTER

Our friends over at the Bakken Center have a great assortment of events coming up this fall and going into the new year. If you're looking for more holistic healing programs to try, we recommend giving these a closer look.

MINDFULNESS
RETREATS

MBSR
PROGRAMS

INTRODUCTION
TO MINDFULNESS

Click each option above to learn more about each program, find dates, and register. Be sure to tell them Pathways sent you!

THE PATHWAYS TEAM



Emerson Smith (he/him)
Operations Manager
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POTENTIAL FOREST BATHING STUDY LOOKING FOR PARTICIPANTS

David Motzenbecker, a Provider here at Pathways, and his colleague Erica Timko Olson at the U, are part of a research team that is interested in studying and exploring the benefits/effects of forest bathing on recent cancer patients and survivors. This study is in development and at this time, the team is looking to aggregate a contact list of anyone who would be interested in participating.

Please fill out the form [linked here](#) by end-of-day on **Wednesday, October 11th** if you would like to participate.

PROVIDER HIGHLIGHT: ANNE ARCHBOLD & MARILAURICE HEMLOCK

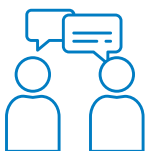


Anne and Marilaurice began volunteering as Providers in 2018, offering sessions relating to the difficult topic of death. The two of them strive to demystify the funeral and memorial options available in the Twin Cities. [In their own words](#), "We believe that social change around the subject of death will come when we have conversations that include new ways to think about, talk about, and manage death." You can find more information about their sessions on page 5, and in the Browse All Sessions page of the Participant Dashboard!



VIRTUAL PROGRAMMING

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

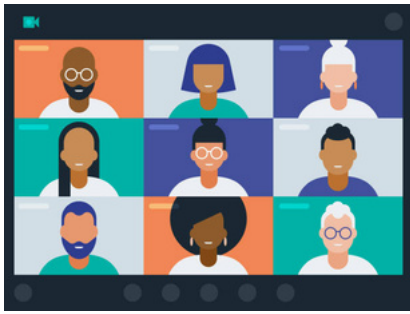


IN-PERSON PROGRAMMING

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

Wed. 11/8 at 1:00pm

Tues. 11/21 at 11:00am

Wed. 12/6 at 12:00pm

Mon. 12/18 at 1:00pm

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!

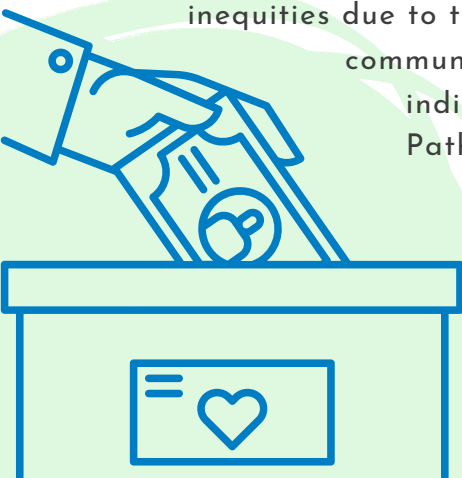
We recognize that racial, gender, and social inequities in America make it difficult, if not impossible, for all people to access the healing services they need, including the services Pathways provides.

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.

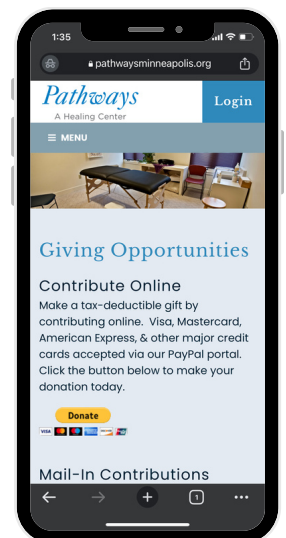


Pathways is able to provide a wealth of services and resources to those with life-threatening illnesses, chronic conditions and health inequities due to the generosity of our Volunteer Providers and our community. We are funded primarily through individual donations, so please consider supporting Pathways 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., Nov. 6, 13, 20 (Series)
Mon., Nov. 27, Dec. 4, 11 (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



Community Acupuncture (In-Person)

NWHSU

Mon., Nov. 6, 13, 20 (Series)
Mon., Nov. 27, Dec. 4, 11 (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 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.



Compassionate Listening (Virtual)

Sue Salmela

Mon., Nov. 6, 13, 20, 27

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., Nov. 7, 28, Dec. 5, 19

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., Dec. 4, 18

9:30am - 10:00am

Tues., Dec. 5, 19

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.



Energy Healing (Virtual)

Lynn Mader

Wed., Dec. 6, 13

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.



Bio-Energy Healing (Virtual)

Ann Agrimson

Thurs., Nov. 30, Dec. 21

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.



Healing Touch (Virtual)

Jim Taylor

Wed., Nov. 1, 22, Dec. 6

12:00pm - 12:45pm

Thurs., Nov. 9, 16, 30, Dec. 14, 21, 28

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.

VIRTUAL ONE-ON-ONE SESSIONS

Continued

 **Healing Touch (Virtual)**

Mary Johnson

Tues., Nov. 7, 21, Dec. 5, 19

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.

 **Healing Touch (Virtual)**

Niels Billund

Wed., Nov. 1, 22, Dec. 13

11:30am - 12:30pm

Healing Touch is a relaxing and nurturing energy therapy that works on opening the chakras, thereby creating a free flow of energy. In this online session, the participant will experience a deep relaxation and strengthening of the body's immune system, lifting of mood and lowering of anxiety and depression.

 **Healing Touch & Reiki (Virtual)**

Liz Flavin

Wed., Nov. 8, Dec. 6

1:00pm - 2:00pm

2:15pm - 3:15pm

The movement of energy is not restricted by time and space, which allows distance healing to be effective when provider and participant are not in the same location. This virtual session will begin with a brief check-in conversation via Zoom to discuss your health concerns and goals. Then, you will relax in your home while the practitioner focuses on sending love and light to you, restoring balance to mind, body and spirit.

 **Health Coaching (Virtual)**

Claire Stuckey

Thurs., Nov. 2, 9, 16 (Series)

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. 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)**

 **Integrative Health and Well-Being Coaching (Virtual)**

Mary Dobish

Wed., Nov. 8, 15, 22 (Series)

11:00am - 12:00pm

Wed., Dec. 13, 20, 27 (Series)

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., Nov. 1, 8, 15 (Series)

1:00pm - 2:00pm

2:00pm - 3:00pm

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. Life 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)**

 **Speaking of Death: Exploring Options and Conversation (Virtual)**Marilaurice Hemlock
or Anne Archbold

Thurs., Nov. 2

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., Nov. 9, 16, 30, Dec. 7, 14, 28

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.

 **Too Much Togetherness (Virtual)**

Barbara McCleary

Mon., Nov. 6, 20, Dec. 4, 18

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, 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., Nov. 15, Dec. 14

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.

VIRTUAL GROUP SESSIONS

Listed alphabetically by session title



Adventure with Inspiration and Gratitude (Virtual)

Stephanie Siddiqui

Wed., Nov. 1, 29

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.



Asking For Help Successfully (Virtual)

Kate Jackson

Wed., Dec. 13

2:00pm - 4:00pm

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., Dec. 12

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. We can re-wire our brain and body for greater authentic happiness one simple step at a time. Have some paper and colors (markers, crayons, etc) handy for a simple written exercise.



Conscious Creating (Virtual)

Stephanie Siddiqui

Wed., Nov. 15, Dec. 13

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.



Crafting a Self-Care Plan (Virtual)

Kate Wolfe-Jenson

Wed., Nov. 15

11:00am - 12:00pm

The holiday season can be exhausting with family gatherings, heightened expectations, and winter darkness. We'll use creative journaling prompts to begin to create individualized self-care plans, identifying in advance the challenges we face and the ways that we can best be kind to ourselves in the midst of the bustle. Journaling helps us gain insight and awareness. Sharing our discoveries helps us understand we aren't alone on our journeys. Participants will receive a plan template to finish on their own.



Exploring Isolation & Connection (Virtual)

Barbara McCleary

Mon., Nov. 20, Dec. 18

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., Nov. 28, Dec. 5, 12 (Series)

12:00pm - 1:15pm

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)**



Gratitude Meditation (Virtual)

Maia Twedt & Anne Supplee

Mon., Nov. 20

4:00pm - 4:30pm

November can bring mixed feelings about family and being thankful and moving into colder weather. Join others in the Pathways community as we meditate on what we're grateful for, what we are taking with us into winter and what we might leave behind. The guided meditation will be 20 minutes long with a point at the 10-minute mark for those who need to leave.



Healthy and Simple Meals (Virtual)

Mariola Minta

Wed., Nov. 29

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.



Integrate Meditative Movements Into Your Daily Routine (Virtual)

Ellie Chamuel

Tues., Nov. 14, 28, Dec. 12, 19

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 Tai Chi Chih Practice Group (Virtual)

Marlena Vernon

Fri., Nov. 3, 10, 17, Dec. 1, 8, 15

10:00am - 11:00am

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.

VIRTUAL GROUP SESSIONS

Continued



Practicing Self-Compassion (Virtual)

Wed., Dec. 6

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

Researcher Kristin Neff has identified three important elements of self-compassion. We'll use creative journaling prompts to better understand and practice being kind to ourselves, even in difficult moments. Journaling helps us gain insight and awareness. Sharing our discoveries helps us understand we aren't alone on our journeys.



Sing and Share Freely (Virtual)

Wed., Nov. 22, Dec. 20

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! No musical experience is required.



Slow Flow Chair Yoga (Virtual)

Tues., Nov. 7, 14, 21, 28

Mary Sanders
10:30am - 11:45am

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. Adaptions 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)

Fri., Nov. 17, Dec. 8

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)

Mon., Nov. 6, 13, 20

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., Nov. 7, 14, 21, 28, Dec. 5, 12

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)

Wed., Nov. 8, Dec. 6

Stephanie Siddiqui
12:30pm - 1:30pm

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.



The Enneagram and Our Health Journey (Virtual)

Wed., Nov. 1

Kate Jackson
2:00pm - 4:00pm

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)

Mon., Nov. 6, 13, 27, Dec. 4, 11, 18

Cass McLaughlin
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)

Thurs., Nov. 16, 30, Dec. 14, 28

Wendy Brown-Baez
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)

Thurs., Nov. 9, 16, 30, Dec. 14, 21

Wendy Brown-Baez
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.