

Pathways

A Healing Center

Virtual Programming Calendar of Services

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Pathways' Building Temporarily Closed

Given the continued need to physically distance and the impact that has on the health and safety of our community, the Pathways building remains temporarily closed. A re-opening date is undetermined at this time. Pathways will continue to review CDC guidelines and state ordered health mandates to assess future plans. We appreciate our community's patience and understanding during this unprecedented health crisis.

Virtual Programming

Pathways programming is now offered virtually using the Zoom online platform. Please browse this calendar or visit our website, www.pathwaysminneapolis.org for information and instructions.



USING YOUR MOST POWERFUL TOOL: YOUR MIND

with Roberta Fernandez

Tues., Jan. 26, 2021 - 3:00 PM - 5:00 PM



You've heard many times that your mind is extremely powerful, but why? And how do you tap into that strength? From stress, chronic pain, anxiety, sleep or weight problems, even quitting tobacco, Roberta Fernandez explains why and how you came into this world fully equipped to manage all these issues.

In this workshop, Roberta presents a simple model and rules about how this all works and how you can utilize this understanding to your benefit. You'll learn about: 1) The Model of the Mind; 2) The FARE Laws of the Mind; 3) How breathing can be your best friend; 4) Conscious Napping®, a tool you'll receive that guides you through more than 50 issues you may face.

Join Roberta Fernandez, a Board Certified Hypnotist and Integrative Emotional Intelligence Specialist, for an informative program that can change your life for the better.

This is a free event, however, registration is required.

Visit: <https://tinyurl.com/yourmind126> to sign up today!



MIGRAINE HEADACHES: INTEGRATIVE TECHNIQUES AND IMPROVED CONVERSATION WITH YOUR HEALTHCARE PROVIDER

with Jessica Fashant-Peterson, APRN, CNP

Thurs., Feb. 11, 2021 - 6:30 PM - 8:30 PM



Please join us online for an interactive, educational session that can help you decrease the frequency and intensity of your migraine headaches. This will be a trigger-focused approach to integrating scientifically studied lifestyle, diet and supplements including vitamins, herbs and oils as well as integrative therapies. There has also been a flood of new medications available in the last year specifically for migraine headaches and we will cover if and when it would be appropriate to ask your healthcare provider about these new options.

This is a free event, however, registration is required.

Visit: <https://tinyurl.com/migraine211> to sign up today!



GETTING STARTED

- New participants are required to attend the **New Participant Orientation**. This is an essential step before registering for sessions at Pathways. See below for information & available orientation session dates and times.
- Determine your category (see descriptions below).
- Following orientation, visit our web site: www.pathwaysminneapolis.org and click on the box: *Becoming a Participant* for detailed information on how to register online.
- All computer registration requests must be submitted by the 25th of each month to be included in the monthly random assignment process.

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 for more information about the app.
3. To register, please visit our website: www.pathwaysminneapolis.org/pathways-orientation
4. To cancel or reschedule an orientation session, please contact us at scheduling@pathwaysmpls.org.

Upcoming virtual orientation sessions:

- [Tuesday, January 5, 2021 - 3:00 PM - 4:00 PM](#)
- [Thursday, January 21, 2021 - 4:30 PM - 5:30 PM](#)
- [Monday, February 1, 2021 - 12:30 PM - 1:30 PM](#)
- [Thursday, February 18, 2021 - 4:00 PM - 5:00 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.

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 higher health need.
- If assigned to sessions during the randomization process, a participant will receive an automated e-mail 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.
- Visit www.pathwaysminneapolis.org/home/features/virtual-how-to for additional virtual programming information and Zoom resources.

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 or email us directly at 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.

Pathways does not advocate, support, or practice unlawful discrimination based on age, ethnicity, gender, national origin, disability, race, size, religion, sexual orientation, or socioeconomic background.

Session Symbol Key & Definitions

- One-to-one session: 
- Group class session: 
- Series: 
(please attend all sessions)

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VIRTUAL ONE-TO-ONE (1-1) SESSIONS

(Listed alphabetically by session title)

**Bio-Energy Healing (Virtual)***Ann Agrimson*

Wed., Jan. 6, 20, Feb. 3, 17

1:00 PM - 2:00 PM

2:30 PM - 3:30 PM

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

**Body Scan (Virtual)***JanMarie Roehl*

Tues., Jan. 5, Feb. 2

9:00 AM - 10:00 AM

10:15 AM - 11:15 AM

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

**Cancer Doula Support (Virtual)***Talaya Dendy*

Thurs., Jan. 7, 14, 21

5:00 PM - 6:00 PM

Thurs., Feb. 4, 11, 18

Focus on what matters to you! Your cancer doula will meet you where you are and help you get to where you want to be by providing emotional support and practical tools to create peace of mind and a better quality of life.

📅 - (3 Session Series)

**Compassionate Listening (Virtual)***Sue Salmela*

Mon., Jan. 11, 25, Feb. 1, 8, 22

10:00 AM - 11:00 AM

11:30 AM - 12:30 PM

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. 5, 19, Feb. 2, 16

1:00 PM - 2:30 PM

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., Jan. 4, Feb. 1

9:30 AM - 10:00 AM

Tues., Jan. 5, 19, Feb. 2, 16

Wed., Jan. 20, Feb. 17

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. Distance Reiki requires both the provider and participant to select a time where both can be relaxed. 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.

**Guided Imagery (Virtual)***Mary Ellen Kinney*

Tues., Jan. 5, 19, Feb. 2, 16

9:30 AM - 10:45 AM

11:00 AM - 12:15 PM

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.

**Heal the Hurt (Virtual)***Valerie Lis*

Mon., Feb. 22

11:00 AM - 12:00 PM

12:30 PM - 1:30 PM

2:00 PM - 3:00 PM

3:30 PM - 4:30 PM

Memories can continue to hurt years after an event as the healing process becomes blocked. Emotional Freedom Techniques (EFT), self-treatment with fingertip tapping, seeks to detach stressful feelings and- in a complete, respectful, and peaceful manner - to heal the hurt. Within the session, stressful emotions related to specific traumatic events are identified and dissolved. Consistent use of EFT may lead to an overall state of comfort and relaxation.



VIRTUAL ONE-TO-ONE (1-1) SESSIONS (CONT'D)

 **Healing Touch & Reiki (Virtual)** *Liz Flavin*
Wed., Jan. 6, 20, Feb. 3, 17 3:30 PM - 4:30 PM
4:45 PM - 5:45 PM

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 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.

 **Healing Touch (Virtual)** *Pamela Searles*
Thurs., Jan. 7, Feb. 4 10:00 AM - 11:00 AM
11:15 AM - 12:15 PM

Our session will begin with a short conversation about your request for healing. We end the conversation and you make yourself comfortable in your own space and I visualize you relaxed on my treatment table in my office. Healing Touch uses heart-centered energy to clear, balance, energize and support your whole person: mind, body, and spirit. At the end of our session, I will reconnect with you and we will discuss the healing experience.

 **Healing Touch (Virtual)** *Jim Taylor*
Thurs., Jan. 7, 14, 21, 28, & 12:00 PM - 12:45 PM
Thurs., Feb. 4, 11, 18, 25 1:00 PM - 1:45 PM

We will begin this online session by discussing your healing request or intention. We will then disconnect and 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.

 **Health Coaching (Virtual)** *Claire Stuckey*
Wed., Jan. 6, 13, 20, & 4:00 PM - 5:00 PM
Wed., Feb. 3, 10, 17 5:15 PM - 6:15 PM

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. ☑-(3 session series)

 **Integrative Health & Well-Being Coaching (Virtual)** *Mary Dobish*
Wed., Jan. 6, 13, 20, & 11:00 AM - 12:00 PM
Wed., Feb. 3, 10, 17 12:30 PM - 1:30 PM

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. ☑-(3 session series)

 **Relax and Find Joy (Virtual)** *Cheryl Gebhart*
Fri., Jan. 8, Thurs., Feb. 4 9:30 AM - 10:15 AM

In this session we will use guided imagery to achieve deep relaxation. You will need to find a quiet place in your home where you will be comfortable. Suggested places would be a recliner, sofa or bed. A smart phone or laptop with working speakers is required for interaction during the session. After the session, you will be feeling refreshed and relaxed!

 **Shamanic Healing Sessions (Virtual)** *Valerie Ohanian*
Tues., Jan. 5 11:00 AM - 12:00 PM

Shamanic methods can foster healing as well as help restore vitality, grounding and passion for life. The work is energetic and spiritual in nature: I access and offer tools you can use to bring healing, transformation and empowerment into your daily life. We will begin with a check-in and then the session will take place with you relaxing in a comfortable position with the virtual connection kept open. Once the healing is complete we will come back together and share.

 **Speaking of Death: Options and Conversation (Virtual)** *Anne Archbold or Marilaurice Hemlock*
Fri., Jan. 15 10:00 AM - 10:45 AM
11:00 AM - 11:45 AM

Tues., Feb. 23 1:00 PM - 1:45 PM
2:00 PM - 2:45 PM

This session is tailored to the needs and questions of the individual 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. It is a time for questions and conversation about a topic that many generally avoid but that Anne/Marilaurice embrace fully.

 **Too Much Togetherness (Virtual)**  *Barbara McCleary*
Mon., Jan. 11, 25, Feb. 8, 22 11:00 AM - 11:45 AM
12:00 PM - 12:45 PM

This session will be focused on both listening and offering reasonable strategies to help relieve the significant stress related to day-to-day life during this time of the Coronavirus. Whether it is you and a partner, a child or children, roommate or roommates or a larger extended family with whom you live, trying to valiantly co-exist under the same crowded roof can be a major challenge these days. In this session we will discuss keeping things simple by setting reasonable expectations; how to disagree without being disagreeable and how to cope if you are the one doing all the "invisible" work. You will learn some new tools and hopefully leave feeling less overwhelmed.

VIRTUAL ONE-TO-ONE (1-1) SESSIONS (CONT'D) **Voice Healing (Virtual)**

Wed., Jan. 13, Feb. 10

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.

*Myo-O Marilyn
Habermas-Scher*9:30 AM - 10:15 AM
10:30 AM - 11:15 AM**VIRTUAL GROUP SESSIONS**

(Listed alphabetically by session title)

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

Thurs., Jan. 14

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.

Spruce Krause

10:30 AM - 12:30 PM

 **Book Club:
The Voice of Knowledge
by Don Miguel Ruiz (Virtual)**

Wed., Jan. 20, 27, Feb. 3, 10, 17, 24

This is the fifth book written by the author of The Four Agreements. *The Voice of Knowledge* shows us how to listen to ourselves, rather than the noise of the world around us, to find integrity and inner peace. This is a book about finding your own truth and walking the path of your own life in happiness and love. The author believes that the only way to end our emotional suffering is restore our joy in living by rewriting our story.  **6-session series. You are asked to make a commitment to all sessions.**

*Christine
Sanchez
Peterson*

11:00 AM - 12:30 PM

 **Caregiving at
a Distance (Virtual)**

Tues., Jan. 12, Feb. 9

As Caregivers we are often physically present with the ones for whom we are caring. During the current pandemic, due to clinical and hospital regulations, caregiving at a distance is becoming the new normal. In this group, we will identify specific priorities and values as they pertain to both you, the Caregiver, and the person for whom you are caring. In addition, we will explore ways to continue Caregiving at a Distance. Please come with paper and a pen or pencil.

*Lesley Koehnen*

1:00 PM - 2:30 PM

 **Connecting Through
Intentional Conversation (Virtual)**

Thurs., Jan. 7, Feb. 4

Thurs., Jan. 21, Feb. 18

In this session we will focus on creating connection with each other through a facilitator-led intentional conversation. Each facilitator will choose a single touch point from which this conversation will begin. Touch points can be a concept, a poem, or something of that nature and will vary with each group. Participants will be encouraged to both share and listen in response to what emerges and hopefully leave with a greater sense of connection and a more diminished sense of isolation.



11:00 AM - 12:00 PM

6:30 PM - 7:30 PM

 **Courageous
Writers Group (Virtual)**

Tues., Jan. 5, Feb. 2

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

Jeanne Bain

1:00 PM - 2:30 PM

 **Creative Journaling (Virtual)** *Kate Wolfe-Jenson*

Fri., Jan. 8, 22, Feb. 5, 19

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

10:00 AM - 12:00 PM

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

Thurs., Jan. 21

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. You may also want to have colored pencils or markers available.

Kate Wolfe-Jenson

10:00 AM - 12:00 PM

 **Creative Journaling:
Cultivating Resilience in
Challenging Times (Virtual)**

Thurs., Feb. 18

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

Kate Wolfe-Jenson

10:00 AM - 12:00 PM



VIRTUAL GROUP SESSIONS (CONT'D)

 **Exploring Isolation & Connection (Virtual)**

Mon., Jan. 11, Feb. 8

Barbara McCleary
2:00 PM - 3:30 PM

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 are three types of connection we require to thrive? Are technology and social media bad for me? What is meant by quality interactions? How can I possibly build new connections during this time of the Coronavirus? Why is service to others an antidote to loneliness? In this group, we will explore these questions and more.

 **Finding Your Way Through Your Life (Virtual)**

Tues., Jan. 26, Feb. 23

Carol Anderson
2:00 PM - 3:30 PM

Finding Your Way...through unfamiliar terrain...changes, challenges, experiences...through the rest of your life. Come together online for support, guidance, self-insight, inspiration, sharing, learning and connection. Each person will have opportunities to be listened to and to listen to others. The session is designed to allow participants to shape what is explored in a gently structured, flexible, organic process.

 **Food as Medicine; We Have a Choice! (Virtual)**

Thurs., Feb. 18

Lisa Kane
3:30 PM - 4:45 PM

This class is research based, as provider is a registered, licensed dietitian nutritionist, yet perspective is holistic so considers you, the whole person. Topic can be somewhat shaped by majority of group question areas, but ultimately sets out to provide practical examples of plant nutrition, reducing sugar and refined carbohydrates, and eating just the right amount for energy. (Physical activity is a valued component of the perspective, and also a priority for coping and mood management here!)

 **Food For Health & Happiness (Virtual)**

Tues., Jan. 12

Lisa Kane
10:00 AM - 11:15 AM

Thurs., Feb. 11

4:00 PM - 5:15 PM

Representing guidelines based on large studies and organizations that measure cancer risk and outcomes. These food ideas also support our best energy and health. Reducing sugar, eliminating only one or two select foods from the studies, and adding lots of plant foods all bring proven benefits. There is plenty we can do to improve our health with food.

 **Gratitude Circle (Virtual)**

Wed., Jan. 6, 20, Feb. 3, 17

Stephanie Siddiqui

11:30 AM - 12:30 PM

Let us gather in a virtual circle to share gratitude. Please join us for a centering affirmation or quote, sound, a little movement and a discussion about something that you really like per the topic of the session. We will have breakout group sessions for deeper reflection, discussion and connection. Let us connect with ourselves and others with a heartfelt connection as we share gratitude.

 **Grieving All Our Losses (Virtual)***Karen Greer*

Thurs., Jan. 14, Feb. 11

1:00 PM - 2:30 PM

Change requires a kind of adjustment to the loss and these are challenging times with new losses to examine. How can we manage through all of these changes, all of these losses? We will explore our reaction to them, how they impact us and how we might go about healing them. There will be a ritual at the end so we might practice "letting go".

 **Grounding and Energy (Virtual)***Ann Agrimson*

Mon., Jan. 11, Feb. 8

6:30 PM - 8:00 PM

In this session, we will explore the concept of grounding and come up with a variety of ways to ground. Participants will be led in a grounding meditation that will include movement and stillness. The second half of class will discuss the energy between people - even at a distance, sometimes it's energizing and other times it's draining. We'll discuss why this is and how we can protect our energy.

 **Guided Self-Massage for the Head and Neck (Virtual)***Mollie Newhouse*

Thurs., Jan. 21, Feb. 18

5:00 PM - 5:45 PM

Participants will be guided through a series of self-massage practices to address tension in the face, scalp, and neck. Some guided breath work will also be utilized. Participants may lay down or be seated during this session. Those with dry skin may want to have lotion or oil available.

 **Healing Support for the Emotions (Virtual)***Valerie Lis*

Mon., Feb. 22

5:00 PM - 7:00 PM

Emotional Freedom Techniques (EFT) is a simple method to dissolve stress. It also helps eliminate or reduce chronic pain and discomfort. Participants learn to self-treat by tapping acupressure points with the fingertips, while working on personal stressors. For each participant in the group, stressful emotions related to specific traumatic events are identified and dissolved. Consistent use of EFT may lead to an overall state of comfort and relaxation.

VIRTUAL GROUP SESSIONS (CONT'D)



Ho'oponopono: The Art of Forgiveness (Virtual)

Tues., Jan. 12, 19, 26, Feb. 2, 9, 16

Ho'oponopono is the Hawaiian Art of Forgiveness. Roughly translated, Ho'oponopono means to "cause things to move back in balance" or to "make things right." In this class we will explore the meaning of Ho'oponopono, the practice, its benefits, exercises to practice, key elements underlying the positive beliefs and a little bit of the history. From a variety of sources, including experts, speakers, authors, doctors, media and practitioners, we will delve in to the idea of forgiveness and why it is so important for your overall health and well being. ☑️-6-session series. **You are asked to make a commitment to all sessions.**



Christine Sanchez Peterson

11:00 AM - 12:30 PM



Integrate Meditative Movements Into Your Daily Routine (Virtual)

Tues., Jan. 5, 19, Feb. 2, 16

You will practice Meditative Movements which have 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.

Ellie Peterson

9:30 AM - 10:00 AM



Isolation During COVID (Virtual)

Tues., Jan. 19, Feb. 16

COVID has turned our world upside down and many of us are left feeling isolated. In this group session we will explore your needs and desires for community, and use the group space as a resource to spark & implement ideas. Please come with paper and a pen or pencil.



Lesley Koehnen

1:00 PM - 2:30 PM



Mindfulness Practices for Stressful Times (Virtual)

Thurs., Jan. 14, 21, 28, Feb. 4, 11, 18

Learn short mindfulness practices that can be done through the day to re-balance the autonomic nervous system and diminish the impact of stress on the body and mind. We will cover 6 lessons over the course of 6 weeks. This is not a series class; participants may request any or all of these mindfulness practices. Practices are as follows: SESSION 1 - Orienting, Grounding, and Tension Release; SESSION 2 - Autonomic Nervous System and Practice of Breath Release; SESSION 3 - Mindful Movement; SESSION 4: Fingerholds For Handling Difficult Emotions; SESSION 5 - Drawing On Strength In Difficult Times; SESSION 6 - Kindness and Healing.



Susan Flannigan

9:30 AM - 10:00 AM



Practical Wellness: The Art of Creating Balance (Virtual)

Thurs., Jan. 14, Feb. 18

Learn practical Wellness tools that outline the mind-body-spirit-environment connection including; understanding how breath, hydration, thoughts, emotions, activity, and nutrition affect our well-being; learning how to manage the above pieces; understanding how energies around us influence us and learning energy cleansing techniques. The tools provided will include breathing techniques, gratitude journaling, designing your own meditation, energy cleansing, and affirmations design.

Mariola Minta

1:00 PM - 2:30 PM



Qigong: Fan Sung (Virtual)

Sat., Jan. 23, Feb. 6

In this session, we will learn a the traditional qigong exercise of Fan Sung. Qigong is breathing, movement, and visualization exercises. *Qi* is an internal energy, and *Gong* means to work to attain skills. There are different types of qigong. From the perspective of TCM dis-ease is see as being caused by qi blockages, or stagnant qi. Fan Sung is a qigong exercise which helps circulate qi throughout the meridians in the body. We will also do some Taiji Qigong exercises.

Rand Adams

1:00 PM - 1:45 PM



Shamanic Drumming Circle (Virtual)

Sat., Jan. 16, Feb. 20

This group is for those with previous experience in shamanic journeying. We will be drumming, singing, and sharing our stories. Please have a drum and or rattle nearby. It is possible to make a rattle by filling an empty can with beans or pebbles, two sticks can serve as a drum. Even though we are virtual, we will create a powerful circle together that will support our own journeying, healing and the healing of others. Please be at your internet device before our 7pm start time so we may deal with any technical difficulties.

Lin Butler &/or

Valerie Ohanian

7:00 PM - 9:00 PM



Sound of Soul Chant (Virtual)

Mon., Jan. 4, Feb. 1

Experience the sound of Soul through chanting. You will get into a comfortable seated position and be guided 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 will gain a sense of peace, love and balance in your life. After the chant we will have a brief discussion on a topic or your experience of the mediation/contemplation.

Linda Duncanson

11:00 AM - 12:00 PM



VIRTUAL GROUP SESSIONS (CONT'D)

Spiritual Handwriting with the Vimala Alphabet (Virtual)

Thurs., Jan. 7, Feb. 4

Shannon Poppie

1:00 PM - 3:15 PM

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 stable writing surface for this session.

Spring Forest Qigong Healing Circle (Virtual)

Sat., Jan. 9, 30, Feb. 13

Gadu

11:00 AM - 12:00 PM

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

Spring Forest Qigong Healing Circle and Practice Group (Virtual)

Mon., Jan. 4, 11, 25, Feb. 1, 8, 22

Barb Palmer

1:00 PM - 2:00 PM

Please join us online, as we gather to share our Love Energy with each other and receive energy balancing. 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 & Qigong Practice (Virtual)

Wed., Jan. 6, 20, Feb. 3, 17

Stephanie Siddiqui

10:00 AM - 11:00 AM

Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. In each session, the provider will incorporate positive thoughts, breath work, qigong movements, and healing forms from Tai Chi for Health - a program endorsed by many health organizations.

Tai Chi Chih for Health (Virtual)

Fri., Jan. 8, 15, 22, 29. Feb. 5, 12, 19, 26

Marlena Vernon

9:30 AM - 10:30 AM

Tai Chi Chih for Health is a series of simple movements that develop inner awareness of energy flow within the body. It has been described as "acupuncture without needles." These repetitive movements can restore open natural channels for health throughout the body.

Weekly Mindfulness Meditation Practice Session (Virtual)

Mon., Jan. 4, 11, 25, Feb. 1, 8, 22

Cass McLaughlin

9:00 AM - 10:00 AM

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 a ongoing practice.

What's Sugar Got To Do With It? (Virtual)

Tues., Jan. 26

Lisa Kane

1:00 PM - 2:15 PM

This is an open discussion about keeping sugar from being an issue to health and well-being. Nutrition is only part of the conversation as eating sometimes takes on other drives and, in turn, can be opportunities to create better habits. If your doctor has ever mentioned high blood sugar, insulin resistance, and even reducing risk for poor health outcomes in general, this group is for you!

Writing for Healing (Virtual)

Thurs., Jan. 7, 21, Feb. 4, 11, 18, 25

Wendy Brown-Baez

1:00 PM - 2:30 PM

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 care-givers. All levels of writers welcome.

Yin Energy Yoga (Virtual)

Mon., Jan. 11, Feb. 8

Linda Duncanson

11:00 AM - 12:00 PM

Yin Energy Yoga is set in a calm and contemplative space. This practice will open you up to greater awareness by releasing stress in your muscles, ligaments, tendons and fascia. There is light stretching to your ability in supported poses designed to make you comfortable. The practice ends with meditation/contemplation. Please have the following items on hand: a Yoga mat or something to lay on, a blanket, a throw pillow and a strap or a towel.

Yoga Nidra (Virtual)

Thurs., Jan. 14, 21, 28, Feb. 11, 18, 25

Sue Salmela

11:00 AM - 12:00 PM

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.

