

Pathways

A Healing Center

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www.pathwaysminneapolis.org

Tim Thorpe, Executive Director
Erica Nelson, Program Manager
Dan Averitt, Office Manager
Margaret Miles, Development Manager
Laura Nelson, Administrative Coordinator

Building Hours

Program Hours:

Mon - Thurs: 9:30 am - 7 pm
Fri: 9:30 am - 5 pm
Sat: 10 am - 4 pm
Sun: closed

Drop-in Hours:

Mon - Thurs: 9 am - 7 pm
Fri: 9 am - 3 pm
Sat: none
Sun: closed

January & February 2019 Building Closures:

Tues, Jan. 1 - New Year's Day Holiday
Thurs, Jan. 3 - Administrative Focus Day
Mon, Jan. 21 - Martin Luther King, Jr. Holiday
Sat., Jan. 26 - Administrative Programming
Thurs, Feb. 7 - Administrative Focus Day
Mon, Feb. 18 - President's Day Holiday
Sat, Feb. 23 - Administrative Programming

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.

Statement of Purpose:

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



Healing Through Gratitude

A note from
Executive Director Tim Thorpe

Recently I was in overdrive mode, that process of raising the performance bar, reaching for it, then raising it some more...and so on. While in that mindset, one of our participants stopped me and began to explain how she felt about her most recent experience. I smiled, briefly acknowledged her salutation, and started to move on. She grabbed my hands and said, "No, you really need to know how this place has changed my life, how it has given my life meaning, put quality back into my life."

This brief but powerful anecdote forced me to slow down and recognize it's significance. Here was a participant, struggling with her life situation, yet thanking me in a very profound way. She arrived at a moment where expressing gratitude became part of her healing process. It clearly elevated her spirit and let joy seep back into her life.

This demonstrates how expressing gratitude itself can be so healing and how it is woven into the fabric of the Pathways community and culture.

With that, as we enter a new year, here are some words of thanks:

Thank you to our multitudes of volunteers, including providers and support staff, who donate and provide their time, skills, and care to help guide our participants towards a higher quality life.

The care and scheduling of participants - none of this happens without a well-run organization; thank you to our hard-working and truly caring staff, Erica Nelson, Dan Averitt, Margaret Miles and Laura Nelson.

Thank you to Penny Winton, our founder, and our board and committees for their passion, wisdom, and vision as we look to the future of Pathways.

Thank to those we are fortunate to call donors - for 30 years you have helped Pathways serve a community moving through the trauma of life-threatening and chronic illness and pain.

Finally, thank you to our participants - past, present, and future. We are grateful for allowing us to be a part of your healing journeys.

As we look ahead to the next 30 years of providing care, I leave you with a quote by Edith Wharton:

***There are two ways of spreading light:
to be the candle or the mirror that reflects it.***

I believe you all have helped Pathways become both. Thank you

GETTING STARTED

- New participants are required to attend the **Welcome to Pathways Orientation**. This is the essential first step before registering for sessions at Pathways. See page 3 for the next available dates.
- Determine your category (see descriptions at right).
- 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 specified monthly deadline:
 - 1) Jan. requests must be made by Dec. 25, 2018
 - 2) Feb. requests must be made by Jan. 25, 2019
- Those without computer access may submit a registration request form by fax, mail, or in person. Blank registration request forms are available in Pathways' library area or may be mailed to Participants upon request.

NOTE: The deadline to submit a paper registration form is different from the computer registration deadline. It is the 22nd of each month and is noted on the paper registration form itself.

SCHEDULING PROCESS

Participants register for sessions every month for the next month's sessions.

- Participants who complete their registration by the specified monthly deadlines will be randomized within their category and will be offered sessions based on their rank.
- Participants who complete their registration after the specified monthly deadlines will be registered for sessions on a first-come, first-served basis.
- All registered participants will receive notification of their schedule following the monthly randomization.
- All participants must confirm their attendance for groups or individual sessions 24 hours or more prior to the session start time.

Computer Registration Deadlines:

- 1) Jan. requests must be made by Dec. 25, 2018
- 2) Feb. requests must be made by Jan. 25, 2019

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 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.

ARRIVAL, PARKING, & CLASS START TIMES

Out of respect for our volunteer providers and the integrity of our programming, all classes will begin at their scheduled times. No one will be admitted 10 min. after a session has begun. Parking may be challenging as our lot fills up fast. Planning to arrive early allows participants ample time to find alternate neighborhood parking as well as time to settle in prior to their session beginning.

ACCESSING THE LOWER LEVEL AND SECOND FLOOR:

Participants unable to access our second floor or lower level rooms due to stairs are requested to inform us of their desire for "First Floor Only" rooms on their registration sheet or their online profile.

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.

NEW PARTICIPANT ORIENTATION

New to Pathways?
Welcome! Please give us a call to sign up for an orientation.

612-822-9061

- Wed., Jan. 2 12:30 PM - 1:30 PM
- Tues., Jan. 8. 2:00 PM - 3:00 PM
- Fri., Jan. 18. 1:00 PM - 2:00 PM
- Thurs., Jan. 24. 4:30 PM - 5:30 PM
- Thurs., Jan. 31. 11:00 AM - 12:00 PM
- Tues., Feb. 5 5:30 PM - 6:30 PM
- Fri., Feb. 15 1:30 PM - 2:30 PM
- Thurs., Feb. 21 10:30 AM - 11:30 AM

An orientation and welcoming for new participants at Pathways. We will help you access Pathways’ services as simply as possible. The Pathways video will be shown. Please be sure to sign up and confirm your attendance with the Front Desk (612-822-9061). This class must be taken before attending other sessions at Pathways.



Renewing Life™: 8 Week Series *Certified Facilitators*

- **Tues.: Jan. 15 - Mar. 5 - 10:00 AM - 12:30 PM - {Traditional Curriculum}**
- **Fri.: Jan. 18 - Mar. 8 - 10:00 AM - 12:30 PM - {Traditional Curriculum}**

Please call 612-822-9061 for additional information and to register.

This is an intensive program for making the most of the challenges life hands you. The program focuses on teaching communication skills, coping strategies, and life-affirming attitudes.

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.

- 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

Must Attend All Sessions. Registration not available online.

Please call Pathways (612-822-9061) to sign up!

**PATHWAYS’
SCENT-FREE
POLICY**

The following are banned within the building and property:

1. The use/scent of perfume, cologne and/or essential oils
2. The application of any body products while at Pathways
3. Smoking and tobacco products

**Session Symbol
Key & Definitions**

- One-to-one session:
- Group class session:
- Drop in: (no registration required)
- Series: (please attend all sessions)

ART, MUSIC, AND CREATIVITY**Art Studio**

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

1:30 PM - 4:00 PM

Work individually or with guidance. Bring your own projects to work on or request ideas to get you going. Many art materials are provided - or bring your own. A facilitator is present for whatever type of support you may need. All experience levels welcome. **Class held in Pathways lower level. Participants must be able to navigate stairs in order to access services.**

*Erica Nelson or
Lorrie Ogren*

**Celebrating Winter Through Book-Making**

Thurs., Jan. 31, Feb. 28

10:00 AM - 12:00 PM

We will make an origami fold book (a simple yet magical book form) in which we'll remember and celebrate past and present gifts Mother Nature gives us during the season of Winter. No previous art experience needed. All materials provided.

Session held in the lower level, so Participants must be able to navigate stairs to access class.

Janet Higgins

**Creative Journaling: Befriending Your Body**

Thurs., Jan. 17

10:00 AM - 12:00 PM

Do you ever feel like your body is the enemy? In this culture and when facing illness, it's easy to receive (or even create) unhelpful messages about our bodies. Using simple creative journaling and meditation techniques, we'll explore our relationships with our bodies and rediscover them as allies. Please bring your journal or a notebook.

Kate Wolfe-Jenson

**Creative Journaling: Befriending Your Mind**

Thurs., Feb. 14

10:00 AM - 12:00 PM

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 help you uncover kind practices and promises that can transform your interior experience and move you toward joy. Please bring your journal or a notebook.

Kate Wolfe-Jenson

**SoulCollage® and The Three Transpersonal Cards**

Mon., Jan. 14

Laura Thorpe
10:00 AM - 12:30 PM

This is an advanced class for previous participants in which we will explore the three transpersonal cards active in the SoulCollage® process: The Source, Soul Essence and Witness. Learn why SoulCollage® developer Seena Frost includes these silent cards in the process and what function they serve in perspective lending and healing.

**Writing for Healing**

Thurs., Jan. 10, 24, Feb. 14, 28

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

Using simple techniques of spontaneous free writing, we access our inner voice and intuitive guidance. We gain new perspectives and find commonality and meaning. Ideal for those with health challenges or care-givers. You don't have to be a writer, just a willingness to find your own words.

BODYWORK**Acupuncture**

Mon., Jan. 7, 14, 28

*Session times vary.
See online system*

Mon., Feb. 4, 11, 25

for specifics

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 & Oriental Medicine at Northwestern Health Sciences University.

**Shiatsu Massage**

Mon., Jan. 7, Feb. 4

Mary LeSourd
10:00 AM - 11:15 AM
11:30 AM - 12:45 PM

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



ENERGY HEALING



Bio-Energy Healing

Ann Agrimson

Wed., Jan. 16, Feb. 20
1:00 PM - 2:00 PM
2:30 PM - 3:30 PM

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.



Bio-Energy Healing

Sarah Miracle

Tues., Jan. 8, 22, Feb. 5, 19
1:00 PM - 2:00 PM
2:30 PM - 3:30 PM

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.



BodyTalk

Karen Norum

Tues., Feb. 12
4:30 PM - 5:00 PM
5:15 PM - 5:45 PM
6:00 PM - 6:30 PM
6:45 PM - 7:15 PM

BodyTalk is a comprehensive, effective, non-invasive, safe energy medicine system. During a BodyTalk session, the body's energy systems are re-synchronized and the body's innate ability to heal itself is stimulated.



Energy Healing

Peggy Dufour

Tues., Jan. 8, 15, 22, 29, &
Tues., Feb. 5, 12, 19, 26
4:00 PM - 4:45 PM
5:00 PM - 5:45 PM

Fully clothed, light touch and/or hands off. Assists in restoring harmony, balance and re-patterning of your energy system placing you in a position to self heal.



Energy Healing

Wendy Kardia

Tues., Jan. 15, Feb. 12
4:00 PM - 5:00 PM
5:00 PM - 6:00 PM

Receive a light, relaxing energy healing that is intuitively designed for your energy system. This session will assist in renewing and reassuring you of your own unique gifts.



Energy Healing With Intention

Dennis Searle

Wed., Jan. 2, 9, 16, 23, 30, &
Wed., Feb. 6, 13, 20, 27
1:00 PM - 1:45 PM
2:00 PM - 2:45 PM
3:00 PM - 3:45 PM

A participant's intention helps define a path for the hands-on, chakra based healing. Use of energy techniques and imagery allows the participant to become aware of their health/mind/body connections, which may open new paths for healing.



Healing Touch

Healing Touch is an energy therapy that uses gentle hand techniques to help re-pattern a person's energy field and accelerate healing of the body, mind, and spirit.

Healing Touch

Jim Taylor

Thurs., Jan. 10, 17, 24, Feb. 14, 21, 28
12:00 PM - 12:45 PM
1:00 PM - 1:45 PM

Healing Touch

Mary Johnson

Thurs., Jan. 31, Feb. 14
1:00 PM - 1:45 PM
2:00 PM - 2:45 PM

Thurs., Jan. 17, Feb. 21

2:00 PM - 2:45 PM

3:00 PM - 3:45 PM

Healing Touch

Niels Billund

Tues., Jan. 8, 22, Feb. 12, 26
5:30 PM - 6:30 PM

Healing Touch

Pamela Searles

Thurs., Jan. 10, 24, Feb. 14, 28
10:00 AM - 11:00 AM
11:15 AM - 12:15 PM



Healing Touch & Reiki

Liz Flavin

Wed., Jan. 9, 23, Feb. 20, 27
4:00 PM - 5:00 PM

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.



Intuitive Deep Hands-on Healing

Rhesa Schwartz

Thurs., Jan. 10, 17, 24, 31, &
Thurs., Feb. 14, 21, 28
10:00 AM - 11:00 AM
11:30 AM - 12:30 PM

Hands-on healing, also known as energy healing, helps you get in touch with and experience your own body's energy.



ENERGY HEALING (CONT'D) **Mind Clearing & Energy Restoration**

Thurs., Jan. 10, 24, Feb. 14, 28

*Diane Hendrickson*9:30 AM - 10:30 AM
10:45 AM - 11:45 AM

Experience peace of mind and restoration of spirit from a Hands on energy healing session where you can pick from Healing Touch, Qi-ssage and/or a Gentle Hand and Foot Massage, or have all three. This session typically helps people sleep better and feel more at peace. It is given lovingly.

 **Reiki**

Reiki is Universal Life Energy that flows from provider to participant and breaks up blocks, which allows a body to heal itself. Reiki works on all levels - the physical, mental, emotional and spiritual. Work is done on a table while you are fully clothed, with gentle touch or hands off your body.

Reiki
Mon., Jan. 14, Feb. 11

Cindy VanDrasek-Pai
10:00 AM - 10:45 AM
11:00 AM - 11:45 AM

Reiki
Thurs., Jan. 10, Feb. 5

Colleen Beggan
11:00 AM - 11:45 AM

Reiki
Thurs., Jan. 10, 24, Feb. 14, 28

Naum Tsypis
6:00 PM - 7:00 PM
7:00 PM - 8:00 PM

 **Soul & Energy Based Healing**

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

Tim Hanson
10:00 AM - 11:00 AM
11:00 AM - 12:00 PM

Relax on a bodywork table or seated in a chair, fully clothed. This energy work facilitates 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.

 **Spring Forest Qigong Energy Balancing**

Mon., Feb. 11, 25

Barb Palmer
12:00 PM - 12:45 PM

Receive loving hands off energy while comfortably sitting or lying down. During this session you will experience a short guided meditation to help you deeply relax. Detecting and removing of energy blockages will help balance you physically, mentally, emotionally and spiritually. Learn tips and exercises to help keep your energy balanced.

 **Spring Forest Qigong Energy Balancing**

Thurs., Jan. 10, Feb. 14

*Norma Solstad*12:00 PM - 12:45 PM
1:00 PM - 1:45 PM

Experience hands-off energy balancing using SFQ techniques to remove energy blockages which can be the root causes of illness and discomfort. This session will help you balance the Qi and enhance your physical, emotional and spiritual well-being.

 **Spring Forest Qigong Healing/Qi~ssage**

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

*Gadu*2:15 - 2:45 PM
2:45 - 3:15 PM
3:15 - 3:45 PM
3:45 - 4:15 PM

Participant may choose SFQ Energy Healing, Qi~ssage or combo of both. During an Energy Healing, the Provider moves his hand several inches from your body to detect and help remove energy blockages. During Qi~ssage the Provider will use light pressure and massage, along with the power of the mind and heart to stimulate key energy points on your head, shoulders, back, arms, hands, hips, legs, and feet in a specific order.

 **Spring Forest Qigong Healing Circle**

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

Gadu

1:00 PM - 2:00 PM

Learn to heal your body, mind and spirit and share your healing energy with others. Using the simple and effective techniques of Spring Forest Qigong (SFQ), you will realize you are "Born a Healer!" We will practice SFQ Healing Movements, sitting meditations, mindful breathing, chanting, and Qi~ssage.

And now we welcome

the new year,

full of things that

have never been.

— Rainer Maria Rilke



HEALTH, WELLNESS, & NUTRITION **Life Coaching***Carla Beach*

Tues., Jan. 9, 16, 23 (3 session series) 9:30 AM - 10:30 AM

Tues., Feb. 6, 13, 20 (3 session series) 10:30 AM - 11:30 AM

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. 📄

 **Better Foods for Feeling Well***Lisa Kane*

Fri., Jan 11 & Thurs., Feb. 21 9:45 AM - 10:45 AM

This is a question and answer based class for people managing energy, health, or sugar addiction. Please come prepared with a completed food journal so we may evaluate where you are and what ideas we can create that are realistic for feeling better!

 **Food & Mood Support***Lisa Kane*

Thurs., Jan. 24 9:45 AM - 10:45 AM

This session is intended for people who tend to need help making choices that support happiness and well being. This time is offered to support people with eating and mood stabilization. This extends to any population.

 **Integrative Wellness Circle***Erin O'Meara*

Tues., Jan. 8, 22 1:00 PM - 2:30 PM

Tap into the healing power of community and whole foods nutrition while we explore resources and develop practices for a healthy lifestyle. This group is a great fit for you if you have a strong motivation for lifestyle change and are interested in participating in a private online support community.

MEDITATION, IMAGERY & INNER PRACTICE **Introduction to Shamanic Journeying***Valerie Ohanian*

Tues., Feb. 12 6:30 PM - 8:30 PM

You will learn an ancient core shamanic practice used around the world by indigenous people to gain wisdom, direction, healing, and greater connection to self and others. Shamanic journeying is simple, direct, and powerful. Please bring drums and rattles, if you have them.

 **LovingKindness Meditation***Andrew Litchy*

Mon., Jan. 28, Feb. 11, 25

5:30 PM - 7:00 PM

LovingKindness meditation is a practice of cultivating unconditional love and goodwill. It emphasizes observing your mind without judgment while cultivating joy and happiness in both meditation and daily life. The first session of the month will focus on meditation instructions and introduction to the practice, the second session of the month will address more advanced practice. **Drop-in group.** ↓

 **Mindfulness-Based Stress Reduction (MBSR) Practice Session***Cass McLaughlin*

Sat., Jan. 19, Feb. 16

12:00 PM - 1:00 PM

No need to have attended MBSR but it is useful to start, continue and/or deepen your mindfulness practice with this formal session. Participants may want to follow www.palousemindfulness.com a self-directed MBSR program that is available online in between the monthly practices. **Drop-in group.** ↓

 **Shamanic Drumming Circle***Lin Butler &/or**Valerie Ohanian*

Sat., Jan. 19, Feb. 16

7:00 PM - 9:30 PM

This group is for those with previous experience in shamanic journeying. Come explore the shamanic path, share personal concerns & receive support for your own healing. We will be drumming, singing, and sharing our stories. Bring your own drums, rattles, & sacred objects. Please be prompt out of respect for The Circle.

 **Sound of Soul Chant***Linda Duncanson Miller*

Mon., Jan. 7, Feb. 4

11:00 AM - 12:00 PM

Experience the sound of Soul through chanting. HU is the Sound behind all sounds, woven into the language of life. You will get into a comfortable seated position and be guided 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. After the chant we will have a brief discussion on a topic or your experience of the mediation/contemplation.

MIND-BODY-SPIRIT HEALING**Compassionate Listening***Sue Salmela*

Wed., Jan. 30, Feb. 6, 13, 20

1:00 PM - 2:00 PM

An opportunity to be heard deeply in a safe and sacred space.

**Conversational Labyrinth***Helen Cleveland*

Thurs., Jan. 24, Feb. 14, 28

12:00 PM - 1:00 PM

1:15 PM - 2:15 PM

An invitation to release what doesn't serve you on the way in, receive what is waiting for you at your own center, and return with courage and strength to offer your best self to the world.

**Heal the Hurt***Valerie Lis*

Mon., Jan 28

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.

**Healing Hypnosis***Amy Taylor*

Tues., Jan. 8, 29 (2-Session Series)

4:00 PM - 4:30 PM

Tues., Feb. 5, 26 (2-Session Series)

4:45 PM - 5:15 PM

5:30 PM - 6:00 PM

Hypnosis is a guided state of tremendous relaxation and use of imagery to assist in the healing process. Therapeutic suggestions are made to help you understand and gain more control over your physical, emotional, and/or spiritual health. 

**Shamanic Healing Sessions***Valerie Ohanian*

Fri., Jan 4

12:00 PM - 12:45 PM

1:00 PM - 1:45 PM

2:00 PM - 2:45 PM

Tues., Feb. 12

2:00 PM - 2:45 PM

3:00 PM - 3:45 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.

**Spirit Allies***Jan Page*

Thurs., Jan 10

1:00 PM - 2:15 PM

2:30 PM - 3:45 PM

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. Please wear clothing washed and dried without scents.

**Voice Healing***Myo-O Marilyn Habermas-Scher*

Wed., Jan. 16, Feb. 13

9:30 AM - 10:15 AM

10:30 AM - 11:15 AM

Rest on a massage table, fully clothed, and receive a dynamic vibrational massage through vocal sound and singing.

**Wisdom Tools***Trish Herbert*

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

3:00 PM - 4:00 PM

4:00 PM - 5:00 PM

Offers stabilizing tools for those dealing with the emotional and spiritual impact of illness and its effect on relationships. Focus will be on the three wisdom tools -- listening, tonglen practice and reflection. Develop a plan for yourself.

**Anger: Get User Friendly***Spruce Krause*

Fri., Jan. 4

10:00 AM - 12:00 PM

Explore what is beneath your anger: why you fear or suppress anger. Receive tools to get more comfortable with all of your emotions and how to feel and release anger in life supporting and productive ways.

**Finding Your Way for the Rest of Your Life***Carol Anderson*

Tues., Jan. 22, Feb. 26

2:00 PM - 3:30 PM

When the terrain ahead is unknown you must find your ways that support you through what appears. Gather with others to explore whatever emerges drawing on perennial, cross-cultural wisdom and our own stories. Come monthly or whenever you choose. Find your ways with gentle self-trust and self-compassion and courage. **Drop-in group.** ↓



MIND-BODY-SPIRIT HEALING (CONT'D) **Gong Bath**

Thurs., Jan 10

Sat., Feb. 16

Michele Anderson

6:00 PM - 7:00 PM

1:30 PM - 2:30 PM

The parasympathetic nervous system is ruled by sound. The vibrations of the Gong create deep relaxation, regenerate the parasympathetic nervous system, balance the glandular system, and calm the mind. Class includes gentle yoga followed by a 40-minute Gong bath.

 **Grateful For This Day**

Wed., Jan. 9, 16, 23, 30, Feb. 6, 13

Christine Sanchez

1:00 PM - 2:30 PM

Keeping a gratitude journal can change your attitude and your world view. In this class we explore the many aspects and benefits of practicing gratitude. Bring a new journal or notebook and a pen with you to class. **(6-session series. You are asked to make a commitment to all sessions).** 

 **Healing Support for the Emotions**

Mon., Jan. 28

Valerie Lis

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 acupuncture points with the fingertips, while working on personal stressors.

 **Mapping Your Energy**

Sat., Jan. 12

Debra Safyre

10:00 AM - 12:00 PM

Energy is the power to make things happen in relationships, home, work, play and communities. Your core is your power base of energy. Energy aligned with your core creates greater joy, meaning and satisfaction with life. An energy map provides a big picture view of how you invest your energy in alignment with your core attributes.

 **Messages from Love: Learning to Listen to your Heart**

Wed. Feb. 6

Lisa Venable

1:30 PM - 3:00 PM

Discover and learn to listen to an inner voice that feels good. A voice that speaks from the spirit rather than ego; a voice of love and possibilities instead of fear and limitation. Includes a specialized healing meditation for deeper healing of fear and negative thoughts followed by a deep connection to the Spirit of Love.

 **Playing with Personal Energy**

Sat., Feb. 9

Debra Safyre

10:00 AM - 12:00 PM

Personal Energy is your power to make things happen. Learning how you experience and react to energy can be fun and empowering. Through class discussion and experiences, develop a deeper understanding of your personal energy and how you experience it, and direct it.

 **Self-Care & Self-Compassion**

Wed. Jan. 9

Lisa Venable

11:00 AM - 12:30 PM

Experience Love as the most powerful medicine available for any challenge. Learn nurturing, self-compassionate heart healing techniques and find deep peace within. If you have a healthy self-critic or are attempting to battle your illness or stress, try a more powerful approach to healing.

 **The Four Agreements Book Club Circle**

Wed., Jan. 9, 16, 23, 30

*Christine Sanchez*

11:00 AM - 12:00 PM

We will read and discuss *The Four Agreements* by bestselling author Don Miguel Ruiz. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. Reading assignments and some journal work will be part of the process. Bring the book and a notebook to the circle. **(4-session series. You are asked to make a commitment to all sessions).** 

 **The WarmFeet Intervention**

Thurs., Jan. 17, Feb. 21

Birgitta Rice

1:00 PM - 2:15 PM

You will learn the skill of relaxation, which is specifically designed to improve blood flow to your feet, hands and skin. The learning is assisted with temperature biofeedback as a guide to help you learn the skill. Folks with limited circulation to the extremities, cold, non-healing sores and pain will have the greatest benefit.

 **Word Horse Coaching Card Circle**

Wed., Jan. 16, 30, Feb. 13, 27

Beth Peterson

1:00 PM - 2:15 PM

This group coaching circle is guided by a 36 card deck, each card with a different word. Working with a card, you will learn a body centering practice, answer powerful questions on the card and experience the felt sense of the word to help you with a situation in which you want to receive guidance.



MOVEMENT & GUIDED PRACTICE **Improve Balance and Stability***Sandra Breuer*

Thurs., Feb. 14

3:00 PM - 4:00 PM

Explore a variety of techniques to improve balance and stability. Learn about the physical anatomy and the brain body connection that is involved in balance. This is a good workshop for those who find standing on 1 foot a challenge. Wear comfortable clothing; Participants will do some activities not wearing shoes (optional).

 **Laughter Yoga***Pete and Jan Girard*

Mon., Jan. 7, 14, 28, Feb. 4, 11, 25

9:30 AM - 10:30 AM

Laugh for no reason. No poses and no mats necessary. Simple movements can be done standing or sitting. An opportunity to be present and recapture your childlike nature to be joyful.

Drop-in Group. ↓ **Seated Yoga for Emotional Balance and Relaxation***Joyce Gudding*

Wed., Jan. 2, 9, 23, Feb. 13, 20, 27

2:30 PM - 3:30 PM

Enlivening the body, breath and mind through gentle postures where breath is the medium for movement. It includes Asana (yoga postures) on chair with some standing postures. Postures will be modified to find the best way to make space in your body. No yoga experience is required. All levels are welcome.

Barb Palmer or **Spring Forest Qigong Overview***Shirley O'Neill*

Mon., Feb. 4

12:45 PM - 2:45 PM

SFQ is a simple, effective, meditative practice which helps you balance and heal yourself physically, emotionally and spiritually. It combines simple body movements, breathing, visualization and sound. SFQ can be done sitting, standing, or lying down.

 **Spring Forest Qigong Healing Circle & Practice Group***Barb Palmer*

Mon., Jan. 7, 14, 28, Feb. 11, 25

1:00 PM - 2:15 PM

Please join us as we share our Love Energy with each other and receive energy balancing. We will practice the simple SFQ healing movements and meditations. Learn tips on how to balance your Qi and enhance your physical, emotional and spiritual well being. **Drop-in Group.** ↓

 **Advanced Tai Chi***Eddy Wilbers*

Mon., Jan. 7, 14, 28, Feb. 4, 11, 25

4:00 PM - 5:00 PM

Tai Chi is a centuries-old martial art form that teaches us to harmonize our body, mind, and spirit. Students will expand their previous experience with Tai Chi and begin to explore the Cheng Man ching style short form. Students attending this class should be experienced in Tai Chi and able to practice warm-up movements without assistance. **Drop-in Group.** ↓

 **Intro to Tai Chi***Eddy Wilbers*

Tues., Jan. 8, 15, 22, 29, &

4:00 PM - 5:00 PM

Tues., Feb. 5, 12, 19, 26

Returning and beginning students will benefit from an exploration of basic movements, stretches, and exercises that represent the roots from which our Tai Chi practice will grow. Students will receive hands-on instruction and are encouraged to wear loose-fitting clothing. **Drop-in Group.** ↓

 **Tai Chi Chih Practice Sessions***Marlena Vernon*

Wed., Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27

9:30 AM - 10:30 AM

Continued practice sessions of this gentle movement form for energy balance and health. It can easily be done by anyone, regardless of age or physical condition and can lead to heightened mind-body awareness.

 **Tai Chi for Better Health - Seated***Stephanie Siddiqui*

Tues., Jan. 15, Feb. 5, 19

1:30 PM - 2:30 PM

Enjoy slow graceful movements that create inner and outer balance, strength and energy. Each class will incorporate qigong movements and healing forms from Tai Chi for Health.

 **Taoist Exercise for Health and Internal Power***Rand Adams*

Sat., Feb. 9

10:00 AM - 11:00 AM

The focus of this class is classical Taoist exercises, primarily Qigong and Neigong. These exercises consist of physical movements and standing meditations, along with an internal focus on energy and breathing, and mindfulness.



MOVEMENT & GUIDED PRACTICE (CONT'D)

Yin Energy Yoga *Linda Duncanson Miller*
 Mon., Jan. 14, Feb. 11 11:00 AM - 12:30 PM

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 (blankets, bolsters, etc.) to make you comfortable followed by meditation/contemplation.

TRANSFORMATION THROUGH CHANGE, GRIEF, OR LOSS

Advance Care Planning *Lin Butler*
 Individual/Pairs: Tues, Jan. 22, Feb. 19 4:00 PM - 5:30 PM
 Group: Tues, Jan. 22, Feb. 19 6:00 PM - 8:00 PM

Caring for Yourself, Caring for Loved Ones. Explore and discuss questions, concerns, and choices regarding 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.

Speaking of Death: Options and Conversation (1-1) *Anne Archbold &/or Marilaurice Hemlock*
 Thurs., Jan. 17 3:00 PM - 3:45 PM
 4:00 PM - 4:45 PM
 Tues., Feb. 12 10:00 AM - 10:45 AM
 11:00 AM - 11:45 AM

What will happen to your body after you die? What options do you have? What challenges keep you from making plans? Conversation, planning tools, and resources to help get your plans in order and communicate them to others.

Nurture Yourself During Grief *Sue Salmela & Mary Baker*
 Wed., Feb. 6, 13, 20 11:00 AM - 12:30 PM
 Join a supportive group to nurture your healing and growth in a safe a sacred space. The facilitators have experience with leading grief groups as well as in dealing with personal loss.
NOTE: Group limited to Participants experiencing the death of a relative or friend in the past 3 years. (3-session series. Participants are encouraged to attend all sessions).

ON-GOING PILOT PROGRAM

Caregivers: Navigating Together

Mon., Jan. 7, Feb. 4

6:00 PM - 8:00 PM

We'll have a different guest provider each session who will offer a topic and/or practice to help navigate the terrain of Caregiving. Expect new experiences with opportunities to share pieces of your Caregiving story if you choose. Both 'talkers' and 'listeners' welcome.

Jan. 7: Finding Meaning in the Caregiving Journey with Betsy Knapp

Feb. 4: Caregivers: Eating for Optimism and Energy with Lisa Kane

All sessions co-facilitated by Erica Nelson, Program Manager

Sessions randomly assigned. Request via online account or paper registration form.



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.

Pathways

A Healing Center

3115 Hennepin Avenue South
Minneapolis, MN 55408
(612) 822-9061

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Healing Within.
Renewing Life.

January & February 2019
Calendar of events, programs, and services

SPECIAL OFFERING



GRIEVING OUR LOSSES

Thurs., February 21, 2019

3:00 PM - 5:00 PM

Facilitated by Karen Greer



The human journey is filled with losses of all kinds; in addition to the loss of people in our lives. Losses appear in many forms – dreams, hopes, relationships, jobs and yes, our pets too. In small groups we will explore our losses, how these losses impact us and how we might go about healing them.

Session randomly assigned.

Request via online account or paper registration form.