

Pathways

A Healing Center

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www.pathwaysminneapolis.org

Tim Thorpe, Executive Director
Erica Nelson, Program Manager
Dan Averitt, Office 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 2020 Building Closures:

Wed-Sun, Jan. 1 - 5 - Remainder of Holiday Break
Mon, Jan. 20 - Martin Luther King, Jr. Holiday
Sat, Jan. 25 - Administrative Programming
Thurs, Feb. 6 - Administrative Focus Day
Mon, Feb. 17 - President's Day Holiday
Sat, Feb. 29 - 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.

Someone Is Waiting...

A note from
Executive Director Tim Thorpe



Think of someone you care for who is suffering from a life-threatening or chronic illness.

Think of how this person might benefit from a higher quality of life, needing to feel less isolated, less overwhelmed and more hopeful.

Think of how sending your friend to Pathways, allowing them to choose from different service programs, may help them discover a higher quality of life.

Tell them they will find a safe place to think, to be. Tell them they will not be judged nor identified by the situation or illness they carry. Tell them our providers give freely of their time.

Tell them we welcome participants and caregivers alike, regardless of income; life-threatening and chronic illnesses do not distinguish between the 'haves' and the 'have-nots' - at Pathways it is not about 'free,' but rather about 'hope' and for that there is no cost.

Tell them Pathways has a wonderful participant community inclusive of all ages, ethnicities, sizes, religions, sexual orientations & identities, and socioeconomic backgrounds.

Tell them self-discovery and self-reflection take hard work, but that there is often the reward of resilience they may not know they possess.

2020 will bring change as often seen at Pathways: new providers, new participants, new programs and services; to the latter, you may see some more nature-focused offerings. In 2019 we dipped our toe into nature through *Shinrin Yoku - The Art of Forest Bathing* and *Medicine For The Earth*, and based on the participant response, we plan to explore how to bring more of this healing approach to Pathways.

We strive to keep services relevant, vibrant, and new to keep up with the ever-changing world of health malaises and improvements; thank you for being part of our community.

***Whatever you think, be sure it is what you think;
whatever you want, be sure that is what you want;
whatever you feel, be sure that is what you feel.*** - T.S.Eliot

Best wishes for a new year of healing.

Tim

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, 2019
 - 2) Feb. requests must be made by Jan. 25, 2020
- 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, 2019
- 2) Feb. requests must be made by Jan. 25, 2020

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

- Tues., Jan. 7 12:00 PM - 1:00 PM
- Fri., Jan. 17 1:30 PM - 2:30 PM
- Thurs., Jan. 23 11:00 AM - 12:00 PM
- Thurs., Jan. 30 4:30 PM - 5:30 PM
- Fri., Feb. 7 10:30 AM - 11:30 AM
- Thurs., Feb. 13 2:00 PM - 3:00 PM
- Fri., Feb. 21 11:30 AM - 12:30 PM

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*

Please call 612-822-9061 for class schedule 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.

Transitions: Taking Pathways' Renewing Life™ to a Deeper Level

Facilitated by Alex Acker-Halbur & Paula Sandberg

Fri., Jan. 17, 2020 - 10:00 AM - 12:30 PM

Illness Isolation & Lost Friends

In this Transitions program, we'll discuss the feelings of isolation chronic and terminal illness can bring on. We'll also discuss the reasons why friends leave us when we become ill. Come learn new tools to enhance your well-being during illness.

Transitions is an educational/informational program. *Transitions* is not a therapy or a support group. Though not required, prior completion of the Renewing Life™ program will enhance your *Transitions* experience.

Registration not available online. For more information or to register for a *Transitions* session, please call 612-822-9061.

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



Creative Journaling: Befriending Your Body

Thurs., Jan. 9 *Kate Wolfe-Jenson*
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.



Creative Journaling: Befriending Your Mind

Thurs., Feb. 13 *Kate Wolfe-Jenson*
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.



Writing About Illness

Tues., Feb. 11 *Jeannie Piekos*
1:00 PM - 2:30 PM

Reading, reflecting and writing are essential tools in exploring the impact of living with illness. In this session we will read and write as a means of discovering how we express grief, create meaning and find solace and joy in our lives. No writing experience necessary.



Writing for Healing

Thurs., Jan. 23, Feb. 20 *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. 6, 13, 27 - [3-Session Series] *Session times vary.*
Mon., Feb. 3, 10, 24 - [3-Session Series] *See online system 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.



Chi Nei Tsang Abdominal Massage

Tues., Jan. 7, Feb. 4

Melissa Cathcart
12:00 PM - 12:45 PM
2:15 PM - 3:00 PM
3:00 PM - 3:45 PM
4:00 PM - 4:45 PM
6:00 PM - 6:45 PM

Chi Nei Tsang (CNT) is abdominal massage from a Chinese Medicine perspective and often includes guided Qi-gong meditation. CNT uses gentle, firm pressure on the abdomen to loosen tension in the tissues and move gas, fluid and BM through the intestines. It is not uncommon for individuals to have masses of congested tissues underneath the skin, areas that are particularly tender or varying tone across the abdomen. Pressing, stroking, tapping and percussion may be used in addressing these. Additionally, Qi-gong meditation may be added to your treatment as a way to focus on a particular organ system.



Reflexology

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

Connie Saunders
9:30 AM - 10:15 AM
10:30 AM - 11:15 AM

Experience the importance feet play in overall health. As a Certified Foot Reflexologist, I will partner with you to help you stay healthy. Our goal is to release tension and increase circulation in your feet, and throughout your body, one pressure point at a time. You will be fully clothed and sit in a reflexology chair where you can relax and help activate the healing powers of your body.



Rosen Method Bodywork

Mon., Jan. 27, Feb. 10

JanMarie Roehl
9:30 AM - 10:30 AM
10:45 AM - 11:45 AM

Rosen Method is a hands on bodywork therapy that facilitates a deep relaxation and promotes a sense of the Self in present time. Gentle, respectful, intentional touch allows a person to access places of muscle tension that may have been created unconsciously.



Shiatsu Massage

Mon., Jan. 6, Feb. 10

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.



BODYWORK (CONT'D)**Therapeutic Massage**

Wed., Feb. 19

Mollie Newhouse

10:00 AM - 11:00 AM

11:15 AM - 12:15 PM

This massage will be customized to meet the participant's particular health needs. Techniques used will include Swedish massage, myofascial release, deep tissue, trigger point work, kinesiotaping, and stretching. Participants are encouraged to inform the therapist of any medical conditions, injuries, or medications that may affect the course or outcome of the massage.

ENERGY HEALING**Bio-Energy Healing**

Tues., Jan. 7, 21, Feb. 4, 18

Sarah Miracle

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**

Tues., Jan. 15, Feb. 19

Ann Agrimson

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.

**Energy Healing**

Tues., Jan. 7, Feb. 4

Wendy Kardia

3:00 PM - 4:00 PM

4:00 PM - 5:00 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**

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

Wed., Feb. 5, 12, 19, 26

Dennis Searle

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**

Thurs., Jan. 9, 23, 30, &

Thurs., Feb. 13, 20, 27

Wed., Feb. 5

Jim Taylor

12:00 PM - 12:45 PM

1:00 PM - 1:45 PM

12:00 PM - 12:45 PM

1:00 PM - 1:45 PM

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. This can help to relieve pain, anxiety and depression. The session is usually done with the client lying on a bodywork table.

**Healing Touch**

Thurs., Jan. 9, Feb. 13

Thurs., Jan. 16, Feb. 20

Mary Johnson

1:00 PM - 1:45 PM

2:00 PM - 2:45 PM

2:00 PM - 2:45 PM

3:00 PM - 3:45 PM

Sessions begin with an assessment of the person, both verbal and energetic. Music, guided imagery and deep breathing facilitate a centered state of relaxation and openness. Gentle touch and focused energy encourage balance of the chakra system and restore energy flow. Sessions end with reassessment, evaluation and gentle return to alertness.

**Healing Touch**

Tues., Jan. 7, 21, Feb. 4, 18

Healing Touch is a relaxing, nurturing energy therapy that enhances your own body's ability to bring along well-being.

Niels Billund

5:30 PM - 6:30 PM

**Healing Touch**

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

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.

Pamela Searles

10:00 AM - 11:00 AM

11:15 AM - 12:15 PM

**Healing Touch & Reiki**

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

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.

Liz Flavin

3:30 PM - 4:30 PM

4:45 PM - 5:45 PM



ENERGY HEALING (CONT'D)**Intuitive Deep
Hands-on Healing**

Thurs., Jan. 9, 16

Rhesa Schwartz

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.

**R&R:
Rejuvenate & Revitalize**

Tues., Jan. 7, Feb. 4

Cheryl Gebhart

11:30 AM - 12:15 PM

Allow stress to melt away from your mind and body while you enjoy relaxing with gentle pressure applied to acupuncture points located on the head. Your session will leave you feeling relaxed and rejuvenated!

Reiki

Sat., Feb. 22

Aurea Gerard

10:30 AM - 11:00 AM

11:15 AM - 11:45 AM

12:00 PM - 12:30 PM

A Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands". Reiki is a simple, natural and safe method of spiritual, emotional, mental & physical healing and self-improvement that everyone can use. A treatment feels like a wonderful glowing radiance that flows through and around you.

Reiki

Mon., Jan. 13

Cindy VanDrasek-Pai

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Reiki is positive, universal life energy and complements any current medical regimen you may be following. It benefits people of all ages and in any state of health. It helps alleviate pain and stress, and promotes restful sleep, healing and relaxation. It provides comfort and support for good health and balance of your mind, body and spirit.

Reiki

Thurs., Jan. 9, Feb. 20

Colleen Beggan

11:00 AM - 11:45 AM

An ancient Japanese form of energy healing for reduction of stress and relaxation. Reiki supports healing by bringing energy to blocked areas. It helps healing on all levels: spiritual, emotional, mental and physical.

Reiki

Thurs., Jan. 9, 23, Feb. 13, 27

Naum Tsypis

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

Reiki is Universal Life Energy. Reiki flows through the body and breaks up blocks, which allows your body to heal itself. Reiki healing is done with gentle touch or non-touch. The Participant is fully clothed and has the choice of being on a table or sitting in a chair. Reiki supports the healing of physical and/or emotional pain.

Reiki Energy Healing

Wed., Jan. 29, Feb. 12

Mariola Minta

10:00 AM - 11:00 AM

Reiki is Universal Life Energy flowing through the body. It breaks up blocks, which allows your body to heal. Reiki healing is done with gentle touch or non-touch. You are fully clothed and have the choice of being on a table or sitting in a chair. Reiki supports healing of physical and/or emotional pain.

Soul & Energy Based Healing

Tues., Jan. 7, 14, 21, 28, &

Tim Hanson

10:00 AM - 11:00 AM

Tues., Feb. 4, 11, 18, 25

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**

Thurs., Jan. 9, Feb. 13

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.

*The natural healing force
within each of us is the
greatest force in getting well.*

- Hippocrates



ENERGY HEALING (CONT'D) **Spring Forest Qigong
Healing/Qi~ssage***Gadu*

Fri., Jan. 24, Feb. 7, 21

2:15 - 2:45 PM

2:45 - 3:15 PM

3:15 - 3:45 PM

3:45 - 4:15 PM

In this session you have a choice of Spring Forest Qigong Energy Healing, Qi~ssage or combination of both. During Energy Healing, a Spring Forest Qigong Healer will move his or her hand several inches from your body to detect and to help remove energy blockages. This is a no-physical touch session. To further benefit your progress, healing movements, healing meditations or Qi~ssage sessions may be suggested. During your Qi~ssage you will sit comfortably with a Master Healer who will use light pressure and massage, along with the power of the mind and heart. He or she will gently and firmly stimulate key energy points on your head, shoulders, back, arms, hands, hips, legs, and feet in a specific order. You will remove your shoes and remain fully clothed and seated for the session.

 **Spring Forest Qigong
Healing Circle***Gadu*

Fri., Jan. 24, Feb. 7, 21

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.

HEALTH, WELLNESS, & NUTRITION **Life Coaching***Carla Beach*Wed., Feb. 12, 19, 26 (3 session series) 9:30 AM - 10:30 AM
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. 

 **Baking With Nut Flours***Pat Wright*

Sat., Jan. 11

10:30 AM - 12:00 PM

We will learn to bake without using grain flours or sugar and instead use nut flours to make muffins and pancakes (dairy free available).

MEDITATION, IMAGERY & INNER PRACTICE **Guided Imagery***Mary Ellen Kinney*

Tues., Jan. 7, 21, Feb. 4, 18

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 even 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.

 **Finding Clarity***Andre Heuer*

Thurs., Jan. 16

9:30 AM - 11:30 AM

As we face life's difficulties and struggles, finding clarity can be challenging. In this workshop we explore an approach to bring clarity to our life, investigate ways of letting go of control, clarify intentions and make decisions that help us survive and thrive while accepting the mystery of life.

 **Introduction to
Shamanic Journeying***Valerie Ohanian*

Tues., Jan. 7

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. 13, 27, Feb. 10, 24

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.** 

MEDITATION, IMAGERY & INNER PRACTICE (CONT'D)**Meditation for Wellness***Andre Heuer*

Thurs., Feb. 20

9:30 AM - 11:30 AM

In this simple and effortless process you will discover your own natural method of meditation. In this session the challenges of establishing a meditation practice are investigated. This session can benefit those who are new to or who are experienced in meditation and also for those who have struggle with meditation.

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

Sat., Jan. 18, Feb. 15

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. 6, Feb. 3

11:00 AM - 12:00 PM

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**Heal the Hurt***Valerie Lis*

Mon., Feb. 24

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.

**Health Coaching***Claire Stuckey*

Wed., Jan. 8, 15, 22 (3 session series)

5:00 PM - 6:00 PM

6:15 PM - 7:15 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.

**Integrative Health and Well-Being Coaching***Mary Dobish*

Fri., Jan. 10, 17, 24 (3 session series)

11:45 AM - 12:45 PM

Fri., Feb. 14, 21, 28 (3 session 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.

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

Wed., Jan. 29, Feb. 12

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. 15, 29, Feb. 5, 19

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. 31

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.

**Book Club: *The Power Of Now* by Eckhart Tolle***Christine Smith**Sanchez Peterson*

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

11:00 AM - 12:30 PM

Wed., Feb. 5, 12, 19, 26

The Power of Now was first released in 1999 by Eckhart Tolle. To make the journey into the Power of Now we will need to leave our analytical mind and its false created self, the ego, behind. Although the journey is challenging, Tolle uses simple language and an easy question and answer approach to guide us. Please bring the book to class with you. Handouts will be given each week as guides to our study. **(8-session series. You are asked to make a commitment to all sessions).**



MIND-BODY-SPIRIT HEALING (CONT'D) **Finding Your Way for the Rest of Your Life**Carol Anderson
Tues., Jan. 28, Feb. 25 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.** ↓

 **Gong Bath**Michele Anderson
Thurs., Jan. 16, Feb. 13 3:30 PM - 4:30 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.

 **Gratitude: Creating Happiness**Christine Smith Sanchez Peterson
Tues., Jan. 14, 21, 28, Feb. 4, 11, 18, 25 11:00 AM - 12:30 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. **(7-session series. You are asked to make a commitment to all sessions).** 📅

 **Healing Support for the Emotions**Valerie Lis
Mon., Feb. 24 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.

 **Practical Wellness - The Art of Creating Balance**Mariola Minta
Wed., Jan. 8 1:00 PM - 3:00 PM

This introductory workshop offers basics of mind, body, and spirit connection and practical tools to create internal harmony. At the end you will be able create your own meditation, letting go exercise, gratitude journal and manage your thought patterns to maintain healthy balance.

 **Self-Care & Self-Compassion**Lisa Venable
Thurs., Jan. 30 2:00 PM - 3:30 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.

 **Spiritual Handwriting**Shannon Poppie
Fri., Jan. 10, Thurs., Feb. 27 10:00 AM - 12:15 PM

Discover a spiritual 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.

MOVEMENT & GUIDED PRACTICE **Laughter Yoga**Jody Ross
Thurs., Jan. 9, 16, 23, 30, Feb. 13, 20, 27 6:30 PM - 7:30 PM

Laughter Yoga is a well-being workout; we laugh and practice yogic breathing. The movements are simple and can be done seated or standing. Bring your smile, a little bit of willingness to be present and playful. Most new laughers report that they feel relaxed, yet energized for the rest of the day and sleep well that evening. **Drop-in Group.** ↓

 **Laughter Yoga**Pete and Jan Girard
Mon., Jan. 6, 13, 27, Feb. 3, 10, 24 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 Strength**Joyce Gudding
Wed., Jan. 15, 22, 29, Feb. 5, 12, 19 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.



MOVEMENT & GUIDED PRACTICE (CONT'D) **Spring Forest Qigong Overview & Practice Group***Barb Palmer or Shirley O'Neill*

Mon., Feb. 3

1:00 PM - 3:00 PM

SFQ is a simple, meditative practice which can help you balance your energy and enhance your physical, mental, emotional and spiritual well being. Qigong combines easy movements, breathing, visualization and sound and can be done standing or sitting. First experience the movements and meditation, then learn the qigong principles.

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

Mon., Jan. 6, 13, 27, Feb. 10, 24

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. 6, 13, 27, Feb. 3, 10, 24

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. 7, 14, 21, 28, Feb. 4, 11, 18, 25

4:00 PM - 5:00 PM

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.** ↓

 **Seated Tai Chi***Stephanie Siddiqui*

Tues., Jan. 7, 21, Feb. 4, 18

1:30 PM - 2:30 PM

Enjoy slow graceful movements that create inner and outer physical and emotional balance, strength and energy. Each class will incorporate positive thoughts, qigong movements and healing forms from Tai Chi for Health which is a program endorsed by many health organizations. **Drop-in Group.** ↓

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

Sat., Jan. 18

10:30 AM - 11:30 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.

 **Yin Energy Yoga***Linda Duncanson Miller*

Mon., Jan. 13, Feb. 10

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 & LOSS **Speaking of Death: Options and Conversation***Anne Archbold &/or Marilaurice Hemlock*

Fri., Jan. 10

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Thurs., Feb. 13

2:00 PM - 2:45 PM

3:00 PM - 3:45 PM

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.

 **Writing Your Health Care Directive***Gay Moldow*

Tues., Jan. 7, 14, Feb. 11, 25

9:30 AM - 11:30 AM

Participant will review and discuss writing a health care directive. He/she will identify what his/her wishes are for health care at the end of life. This directive is used only when a person can no longer understand medical discussions and speak to direct his/her own care.

 **Asking for Help Successfully***Kate Jackson*

Wed., Jan. 22

4:00 PM - 5:30 PM

Asking for help can be hard. This session explores ways in which you can consider asking for help differently in order to set both yourself - and who you are asking - up for success.



TRANSFORMATION THROUGH CHANGE, GRIEF & LOSS (CONT'D)



Being Invisible



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

Due to our life circumstance, we may sense that we are invisible to others. Or, projecting invisibility may be our choice. In this group, we will explore how invisibility manifests in our lives and ways to manage its forces.

Mary Baker &
Mary Dobish

11:00 AM - 12:30 PM



Grieving All Our Losses

Thurs., Jan. 16

The human journey is filled with many kinds of losses. These losses appear in many forms; dreams, hopes, relationships, jobs and our pets too. In small groups we will explore our losses, how they impact us and how we might go about healing them.

Karen Greer

1:00 PM - 3:00 PM

MONTHLY DROP-IN GROUP



↓ Caregivers: Navigating Together

Mon., Jan 6, Feb. 3

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.

Jan. 6: *LovingKindness Meditation: A Practice and Support for Caregiving with Andrew Litchy*

This session includes an introduction to LovingKindness meditation, discussion of how to apply the practice to self-care and caregiving, group meditations, and time for questions and discussion.

Feb. 3: *Shiatsu Self-care for Caregivers with Mary LeSourd*

In this session, we'll discover out how to implement a daily practice of clearing your energy pathways, increasing energy levels and feelings of vitality as a caregiver using Shiatsu self-care.

All sessions co-facilitated by Erica Nelson, Program Manager

Request via online account or paper registration form.

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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 fill out a blue evaluation form located in any room throughout the building or you may talk directly with any staff member.

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

Return Service Requested

Healing Within.
Renewing Life.

January & February 2020
Calendar of events, programs, and services

SPECIAL OFFERING



AWAKENINGS

Facilitators: Betsy Knapp & Kara Johnson

Wednesday, Feb. 5, 12, 19, 26 (4 session series)

6:00 PM - 8:00 PM

Awaken your spirit by exploring core values, relationships, and your creative self through conversation, expressive arts, guided meditation, and music. Participants will learn new tools and techniques for living a more meaningful life – living from one's core self - living with eyes wide open.

Session core themes:

- Week 1 - Our Authentic Self
- Week 2 - A New Way of Being
- Week 3 - Authentic Relationships
- Week 4 - Our Creative Self



Registration unavailable online. To sign-up, please call the Pathways front desk at 612-822-9061.