

Pathways

A Healing Center

Virtual Programming Calendar of Services

3115 Hennepin Avenue South

Minneapolis, MN 55408

Voice: (612) 822-9061

Fax: (612) 824-3841

www.pathwaysminneapolis.org

Tim Thorpe, Executive Director

Erica Nelson, Program Manager

Dan Averitt, Office Manager

Laura Nelson, Administrative Coordinator

SPECIAL OFFERING



**We Belong to the
Earth: A Conversation
about Natural Burial (Virtual)**

**Anne Archbold &
Marilaurice Hemlock**

Monday, February 7, 2022

6:30 PM - 8:15 PM



Nature is not a place to visit. It is home. - Gary Snyder

Natural, or “green”, burial offers a way for the environmentally conscious to ensure that care of their body after death can continue to conserve natural resources, reduce carbon emissions, protect worker health, and preserve habitat. As death care workers, Anne Archbold and Marilaurice Hemlock accompany individuals and families as they think about, discuss and document what they want to happen to their bodies after they die. We invite you to come learn about their work and how these after-death choices have the potential to fully reflect one’s values.

In this presentation, Anne and Marilaurice will ground us in the values of natural burial and discuss the three kinds of natural burial. They will also share updates about this growing national movement as well as local organizing efforts to establish a conservation burial area in the Twin Cities Metro. You will leave with a more thorough understanding of natural burial options, an expanded vocabulary, and tools to complete your research and make decisions for yourself or a loved one.

There’s no better way to connect people to the land than to bury them in it. - Joe Sehee, founder of Green Burial Council

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

Visit: <https://tinyurl.com/burial2722> to sign up today!

Pathways’ Building Temporarily Closed

Given the continued prevalence and unpredictability of the COVID19 virus, the Pathways building remains closed to in-person programming. A re-opening date is undetermined at this time.

Pathways will continue to review CDC guidelines and state-ordered health mandates as we assess future plans. We appreciate everyone’s patience and understanding during this unprecedented health crisis.

Virtual Programming

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

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:

- [Thursday, January 6, 2022 - 12:30 PM - 1:30 PM](#)
- [Tuesday, January 18, 2022 - 4:00 PM - 5:00 PM](#)
- [Thursday, February 3, 2022 - 1:00 PM - 2:00 PM](#)
- [Tuesday, February 22, 2022 - 3:00 PM - 4:00 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)

PATHWAYS SCENT-FREE POLICY

Many Pathways participants are chemically sensitive, and/or who have compromised immune systems. We wish to minimize as best we can the presence of scented products.

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

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

In order to be in compliance, no application of perfume, cologne and/or essentials oils should be made to your body, hair, and/or clothes for twenty-four (24) hours prior to your attendance at Pathways. The attention and cooperation of all Pathways participants to eliminate the use of perfume/cologne and smoke and/or the after effects of smoke on body, hair and clothes is expected.

The Pathways building was constructed in 1993 with concern for air quality and user sensitivity. Pathways uses green cleaning products.

VIRTUAL ONE-TO-ONE (1-1) SESSIONS**(Listed alphabetically by session title)****Bio-Energy Healing (Virtual)***Ann Agrimson*

Wed., Jan. 19, Feb. 16

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. 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. 4 & Mon., Feb. 7

9:30 AM - 10:30 AM

10:45 AM - 11:45 AM

Body Scan offers a way to connect the awareness of your physical Being's outside-in experience 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.

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

Mon., Jan. 3, 10, Feb. 14, 28

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. 4, 11, Feb. 8, 22

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. 3, 31, Feb. 14

9:30 AM - 10:00 AM

Tues., Jan. 4, 18, Feb. 1, 15

Wed., Jan. 19

Reiki is positive, universal life energy that complements any medical regimen a person may be following. The Reiki energy is directed so it activates the energy spontaneously in response to the need. A name and date of birth will be requested so that the energy can be activated within the participant. When the session is complete, the provider will be available for feedback.

**Energy Healing (Virtual)***Lynn Mader*

Wed., Jan. 12, 19, Feb. 2

11:00 AM - 12:00 PM

12:30 PM - 1:30 PM

Energy Healing focuses on opening up and balancing the body's energy fields to help support your own natural healing ability. During your session you will be asked to find a comfortable position and relax either sitting or laying down. People have described responses to a session as deeply restoring, pain relieving, grounding, and restful.

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

Tues., Jan. 4, 18, Feb. 1, 15

9:30 AM - 10:45 AM

11:15 AM - 12:30 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.

**Gyrokinesis (Virtual)***Susan Gaines*

Thurs., Jan. 27

3:00 PM - 4:00 PM

Wed., Feb. 16

9:30 AM - 10:30 AM

Gyrokinesis is a gentle, rhythmic movement practice that shares principals with tai chi and yoga. These one-on-one sessions meet you where you are, helping you to create space in the joints and length in the muscles, with the primary focus on articulation of the spine. Bring a stool or a chair and a mat. Wear comfortable clothing. Bare feet is preferred.

**Healing Touch & Reiki (Virtual)***Liz Flavin*

Wed., Jan. 12, 26, Feb. 9, 23

4:00 PM - 5:00 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 via Zoom to discuss your health concerns and goals. Then, you will relax in your home while the practitioner focuses on sending love and light to you, restoring balance to mind, body and spirit.

**Healing Touch (Virtual)***Jim Taylor*

Thurs., Jan. 6, 13, 20, 27, &

12:00 PM - 12:45 PM

Thurs., Feb. 3, 10, 17, 24

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.

VIRTUAL ONE-TO-ONE (1-1) SESSIONS (CONT'D)**Healing Touch (Virtual)***Niels Billund*

Wed., Jan. 5, 19

5:30 PM - 6:30 PM

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

Healing Touch (Virtual)*Pamela Searles*

Thurs., Jan. 6

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, we will reconnect and discuss the healing experience.

Life Coaching (Virtual)*Carla Beach*

Wed., Jan. 5, 12, 19

9:30 AM - 10:30 AM

Wed., Feb. 2, 9, 16

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. 📅 **3 session series**

Reiki (Virtual)*Aurea Gerard*

Fri., Jan. 21, 28, Feb. 18, 25

1:00 PM - 1:30 PM

1:45 PM - 2:15 PM

2:30 PM - 3:00 PM

Reiki is a Japanese stress reduction & relaxation technique that promotes healing. It gives you a feeling of peace, comfort and a sense of wellbeing. Normally, this is a hands-on experience but virtually the Reiki energy will be sent to you via your device screen. The effects will not be diminished. You will be in the comfort of your favorite chair, couch or bed.

Relax and Find Joy (Virtual)*Cheryl Gebhart*

Thurs., Jan. 13 & Tues., Feb. 15

6:00 PM - 6:45 PM

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!

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

Fri., Jan. 14

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Tues., Feb. 8

1:00 PM - 1:45 PM

2:00 PM - 2:45 PM

This session is tailored to the needs and questions of the participant about after-death options. Common topics include the five possibilities for disposition of the body in the Metro area, costs, paperwork to be completed before death, funeral/memorial/graveside services, home funerals, care for the body at home, legal issues, and ideas for these times in which we cannot gather as we wish.

Spirit Allies (Virtual)*Jan Page*

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

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.

The Gift of Listening (Virtual)*Karen Anderson*

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

1:00 PM - 2:00 PM

In this session you are invited to a safe, sacred space to explore your path, embrace your story and begin to hear your truth in the questions your life is presenting. All will be held gently and without judgement so you may begin to hear your inner voice and experience the peace and freedom to be you.

Too Much Togetherness (Virtual)*Barbara McCleary*

Mon., Jan. 24, Feb. 7, 28

11:00 AM - 11:45 AM

12:00 PM - 12:45 PM

This session focuses 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, which is still very much with us in spite of the availability of vaccines for many segments of our population. We will discuss keeping things simple by setting reasonable expectations; how to disagree without being disagreeable and how to cope. You will learn some new tools and hopefully leave feeling less overwhelmed.

Voice Healing (Virtual)*Myo-O Marilyn**Habermas-Scher*

Wed., Jan. 12, Feb. 9

9:30 AM - 10:15 AM

10:30 AM - 11:15 AM

Enjoy receiving a vocal, vibrational healing that reflects your body mind and spirit, in this moment. You rest on a comfortable surface and relax into a receptive space, allowing your body, mind and spirit to vibrate and be vibrated. Healings are twenty minutes long with a check-in and a check-out on either end.

VIRTUAL GROUP SESSIONS

(Listed alphabetically by session title)

Adventure with Inspiration and Gratitude (Virtual)

Wed., Jan. 12, 26, Feb. 9, 23

Stephanie Siddiqui

1:00 PM - 2:00 PM

Let us gather in a virtual circle for an interactive inspiration and gratitude experience. Please join us for a grounding meditation, centering movement, positive music, pretty art, and inspiring words. We'll follow with a grateful discussion centered around a theme for deeper, heartfelt reflection. Taking notes on what you experience is encouraged.

Asking For Help Successfully (Virtual)

Wed., Feb. 16

Kate Jackson

4:30 PM - 6:30 PM

Asking for help can be hard. This workshop offers a framework and exercises to help you explore ways in which you can consider asking for help differently in order to set both yourself - and who you are asking - up for success. Participants will need to have paper and pen available.

Awakening Happiness in Difficult Times (Virtual)

Thurs., Jan. 13

Spruce Krause

10:30 AM - 12:00 PM

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

Being Open-hearted (Virtual)

Mon., Feb. 14

*Maia Twedt & Anne Supplee*

4:00 PM - 5:00 PM

Gather on Valentine's day to reflect on self love, divine love, and love of neighbors near and far. This will be a time to tend heartache as well as reflect on the beauty of love growing (in expected or unpredictable ways). Join us for reflection, poetry and a contemplative practice.

Chair Yoga Therapy (Virtual)

Mon., Jan. 24, 31, Feb. 14, 28

*Julie**Shannon Williams*

11:00 AM - 12:00 PM

This therapeutic, adaptive class promotes well-being through correct posture, breath, and guided movements. It gently lengthens, stretches, and opens the body while bringing awareness as well. We will relax and rejuvenate our bodies and minds while improving flexibility and mobility. No previous yoga experience necessary. Please use a stationary chair without wheels and dress in comfortable, layered clothing.

Chronic Pain from a Holistic Physical Therapy Perspective (Virtual)

Tues., Jan. 11, Feb. 15

Jose Alba Hernandez

9:30 AM - 10:30 AM

A variety of factors (physical, emotional, social) influencing the chronic pain experience will be presented and discussed, including answering related questions from participants. This session has a physical therapy focus, however, a holistic view is encouraged to better address pain.

Community Shamanic Circle (Virtual)

Tues., Jan. 18, Feb. 15

Lin Butler &/or Valerie Ohanian

7:00 PM - 9:00 PM

Come explore the shamanic path. This circle is a place to share our challenges and receive and offer energetic healing, as well as to connect to the invisible world of helping spirit energy. Please have a drum and / or rattle nearby - even a vitamin bottle can be a rattle and two sticks can serve as a drum. We will create a powerful circle together that will support our own healing and the healing of others. Please log on a few minutes early.

Courageous Writers Group (Virtual)

Tues., Jan. 4, Feb. 1

Jeanne Bain

1:00 PM - 2:30 PM

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.

Eat for Peace (Virtual)

Wed., Jan 12

Mon., Feb. 7

*Lisa Kane*

12:15 PM - 1:30 PM

3:15 PM - 4:30 PM

Health habits and daily rituals can keep us grounded. Routines and habits that stick work better than extreme choices. Health behaviors are at the center of this session, but other coping practices are valued too. Please come for a creative discussion and an open mind for habits that heal.

Exploring Isolation & Connection (Virtual)

Mon., Jan. 24, Feb. 7

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

VIRTUAL GROUP SESSIONS (CONT'D)

Finding Acceptance within the Impermanence of Your Chronic Condition (Virtual)

Lesley Koehnen
Tues., Jan. 11, 25, Feb. 8 1:00 PM - 2:30 PM

Chronic Conditions often are wrought with on-going change. In this 3 session group series we will focus on finding acceptance while living with an ever-changing (sometimes daily) chronic disease. Please come with paper and a pen or pencil.

 **3 session series.**

Finding Your Soul Path (Virtual) Mary Sanders

Tues., Jan. 11, 18, 25, Feb. 1, 8, 15 10:30 AM - 12:00 PM

We each have our own path in life with a unique set of challenges and opportunities. This six-week series will guide you in self-study and help you pinpoint the personal traits that cause the stumbling blocks in your life. We will explore six soul traits: Humility, Patience, Equanimity, Gratitude, Loving-kindness, and Order. You will learn how to cultivate and adjust the traits specific to your soul path and kindle a more meaningful and ethical life.  **6 session series. You are asked to make a commitment to all sessions.**

Grieving Our Losses (Virtual) Karen Greer

Thurs., Jan. 6, Feb. 10 1:00 PM - 2:30 PM

Change requires adjusting to the loss and the grief. These are challenging times with many new losses. How can we manage through all of these losses, and all of the grief? We may be grieving on a micro and a macro level. We will explore our reaction to loss, how that impacts us and how we might go about healing. There will be a ritual at the end so we might practice "letting go".

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

Fri., Jan. 7 11:15 AM - 12:00 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.

Integrate Meditative Movements Into Your Daily Routine (Virtual) Ellie Peterson

Tues., Jan. 4, 18, Feb. 1, 15 9:30 AM - 10:00 AM

Meditative Movements has been shown to reduce anxiety, depression and fatigue while improving emotional and functional well-being per a 2017 University of Minnesota research study. The technique uses movements which are adaptable to anyone's physical ability and combines them with the breath and spoken core value affirmations.

Intro to Tai Chi Chih for Health (Virtual)

Marlena Vernon

Fri., Jan. 7, 14, 21, 28, Feb. 4, 11, 18, 25 10:45 AM - 11:45 AM

This introductory practice consists of a series of gentle, simple movements that develop inner awareness of energy flow within the body which can open up Chi blockages and can be done at all levels of ability. The repetitive mindful movements are designed to allow a balancing and circulation of Chi and may be done standing or seated. It has been described as "acupuncture without needles."

Intermediate Tai Chi Chih Practice Group (Virtual)

Marlena Vernon

Fri., Jan. 7, 14, 21, 28, Feb. 4, 11, 18, 25 9:30 AM - 10:30 AM

This intermediate Tai Chi Chih for Health ongoing group assumes fundamental knowledge of the Tai Chi Chih principles and circular, repetitive movements from introductory sessions. We will focus on deepening the experience of the basic 19 repetitive mindful movements, explore techniques for addressing physical and emotional challenges, and establish a foundation for integrating the practice into our lives.

Introduction to Shamanic Journeying (Virtual)

Valerie Ohanian

Fri., Jan. 28 10:00 AM - 12:00 PM

Learn an ancient core shamanic practice used around the world by indigenous people to gain wisdom, direction, healing, & greater connection to self and others. Shamanic journeying is simple, direct, and powerful. If you have a drum or rattle, please have it available. Putting dried beans, pebbles or large, hard seeds into an empty jar works well as a rattle!

Partnering with the Earth for Healing (Virtual)

Valerie Ohanian

Fri., Feb. 25 10:00 AM - 12:00 PM

Through guided journeys we will learn and remember how to connect with beings of nature, to help further our relationships with them and ourselves. We'll focus on how to relate to nature in our own backyards & communities. Studies show that time in nature increases immunity and shamanic wisdom of 10,000 years show deep connections with nature help us heal.

Practical Wellness: The Art of Creating Balance (Virtual)

Mariola Minta

Wed., Feb. 23 10:00 AM - 11:30 AM

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.

VIRTUAL GROUP SESSIONS (CONT'D)

Sound of Soul Chant (Virtual)

Mon., Jan. 3, Feb. 7

Linda Duncanson

11:00 AM - 12:00 PM

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 meditation/contemplation.

Spiritual Handwriting with the Vimala Alphabet (Virtual)

Fri., Jan. 14, Feb. 11

Shannon Poppie

10:00 AM - 12:15 PM

Discover a soul-nurturing handwriting practice that can transform your life by connecting you with your authentic Self. This sacred technology has NOTHING to do with handwriting analysis and was not created to improve penmanship - it was created to improve lives! This introductory session will give you more than enough information to begin your own writing practice if you choose. Please have unlined paper, a pen and a stable writing surface for this session.

Spring Forest Qigong Healing Circle (Virtual)

Sat., Jan. 29, Feb. 19

Gadu Doushin

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. 10, 24, 31, Feb. 7, 14, 28

Barb Palmer

1:00 PM - 2:00 PM

Gather to share Love Energy and receive energy balancing. You will be guided as you practice simple, gentle movements followed by a guided healing meditation. You will be sent energy during the group session to help you balance your physical, emotional and spiritual well being. Qigong combines gentle movements, breathing, mental focus, and sound and may be done standing or sitting.

Tai Chi for Health (Virtual)

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

Stephanie Siddiqui

1:00 PM - 2:00 PM

Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. Tai Chi for Health uses a stepwise progressive teaching method in each class. We spend 15 minutes on warm-ups or qigong movements, 15 minutes on stepwise instruction, 15 minutes of practice and 15 minutes of cool down and reflection. This program endorsed by many health organizations was started by Dr. Paul Lam.

The Enneagram and Our Health Journey (Virtual)

Wed., Jan. 12

Kate Jackson

4:30 PM - 6:30 PM

The Enneagram is a self-awareness tool that offers insight into our thoughts, feelings, behaviors and motivations. This session introduces the nine personality types and how our type can impact the way we journey with health as well as how others (practitioners and loved ones) may perceive us. We will not be identifying individual Enneagram types in this workshop, but you can take this online test to get started on identifying your type if you'd like. <https://www.enneagraminstitute.com>.

To Eat or Not to Eat (Virtual)

Mon., Jan. 3



Lisa Kane

3:15 PM - 4:30 PM

Fri., Jan. 28

10:15 AM - 11:30 AM

To Eat or Not to Eat! Why not ask ourselves if we're hungry, and why we eat. This is a question and answer based class for people managing energy, health or sugar addiction and who are ready to have a better year! Please come prepared with a completed food journal if you wish, whether it's 24 hours or three days, so we can evaluate where you are and what ideas we can create that are realistic for feeling better! Healthy weight may or may not be your goal, but we can address that too.

Weekly Mindfulness Meditation Practice Session (Virtual)

Mon., Jan. 3, 10, 24, 31, Feb. 7, 14, 28

Cass

McLaughlin

9:00 AM - 9:45 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.

Writing for Healing (Virtual)

Thurs., Jan. 13, 27, Feb. 10, 24

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. 10, Feb. 14

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.

VIRTUAL GROUP SESSIONS (CONT'D)



Yoga Nidra (Virtual)

Sue Salmela

Thurs., Jan. 6, 13, 20, Feb. 17, 24

10:00 AM - 11:00 AM

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

SPECIAL VIRTUAL SERIES OFFERINGS



AWAKENINGS: LIVING WITH EYES WIDE OPEN (VIRTUAL)



Facilitators: Paula Sandberg & Colleen Beggan

Thursdays, Jan. 20, 27, Feb. 3, 10

4 session series. Commitment to all 4 weeks is required.

10:30 AM - 12:30 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 is limited.

Visit: <https://tinyurl.com/awakenings0122>
to sign up today!

RENEWING Life™



Renewing Life™ (Virtual)

**Betsy Michel & Beth Somerville,
Certified Facilitators**

**Mondays, February 28, March 7, 14, 21, 28,
April 4, 11, 18**

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

6:00 PM - 8:00 PM

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

Session 1 - Renewing Life

Session 2 - Partnering with Mind/Body/Spirit

Session 3 - Nourishing Relationships

Session 4 - Restoring Spirit

Session 5 - Expressing Feelings

Session 6 - Making Meaning

Session 7 - Creating Healing Spaces

Session 8 - Loving and Celebrating a Renewed Life

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

Visit: <https://tinyurl.com/RLWinter-22>
to register today!

Hope is not pretending that troubles don't exist. It is the trust that they will not last forever, that hurts will be healed and difficulties overcome. It is faith that a source of strength and renewal lies within to lead us through the dark into the sunshine.

-- Liz Chase

Follow
Pathways
On Social Media



<https://www.facebook.com/PathwaysMinneapolis/>



<https://www.instagram.com/pathwaysminneapolis/>



https://twitter.com/Pathways_Mpls



<https://www.youtube.com/user/MinneapolisPathways>

COMMUNITY.

HEALING.

RESOURCES.



Every Thursday we email a newsletter entitled: *Community. Healing. Resources.* This evolving communication contains an array of content designed to provide support, connection, comfort, and information to the Pathways Community.

[CLICK HERE](#) to sign-up for this newsletter or use the *Sign Up To Receive Our Newsletters* link on our website homepage: www.pathwaysminneapolis.org.

Archived copies of past newsletters are also available on our website: <https://pathwaysminneapolis.org/resources/community-healing-resources/>.

2021 Board of Directors

Pam Lampert - Chair

Michele Anderson, DNP, PMHNP

Dee Baskin, JD

Michele Byfield Angel

Aurea Gerard, M.MSC

Jenna Hobbs, PsyD, LP

Bill Manahan, MD

Kristyn Mullin

Valerie Ohanian, RS Hom, CCH

Arti Prasad, MD, FACP

Mary E. Shearen, JD

Ann Thompson

Integrative Health Advisory Committee

Paul Erickson, MD

Courtney Baechler, MD, MS

Laurie Drill-Mellum, MD, MPH

Megan Ellingson, MHA

Henry Emmons, MD

Gregory A. Plotnikoff, MD, MTS

Carol Schoenecker, RN, CHTP

Carolyn Torkelson, MD

Sue Towey, APRN, CNS, MS, LP

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.