

# Pathways

## A Healing Center

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[www.pathwaysminneapolis.org](http://www.pathwaysminneapolis.org)

Tim Thorpe, Executive Director  
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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

#### ***July & August 2019 Building Closures:***

Thurs - Sun, July 4 - 7 - Independence Day Weekend  
Sat, July 27 - Administrative Programming  
Thurs, August 1 - Administrative Focus Day  
Sat, August 31 - 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.

 ***Strengthening the Bond:  
A Body/Mind Workshop for  
Participants and their Caregivers***

**with Amy Samson-Burke**

**Monday, July 22, 2019**

**6:30 PM - 8:00 PM**



Living with illness or pain presents unique challenges – both for those experiencing illness and for their caregivers. Learning simple mind-body practices together creates opportunity for connection, relief, and healing during this time of uncertainty. Join Amy Samson-Burke of Mind Body Solutions for an interactive session for participants and their caregivers. Based on the principles of yoga, we'll move a little, laugh a little, and explore how the sensations of grounding, balance, expansion and rhythm feel. No yoga experience necessary. This class is appropriate for people of all abilities.

**Please call Pathways (612-822-9061) to register both you and your caregiver. A caregiver can be a spouse, partner, child, sibling, friend or other caring individual.**

 ***Medicine for the Earth:  
Healing Ourselves and Our  
Relationships with Nature***

**with Valerie Ohanian**

**Saturday, July 27, 2019**

**12:00 PM - 4:00 PM**



In this half-day workshop we will focus on connecting more deeply with our own natural environments in ways that will help us become conscious of what the earth and elements need from us in order to thrive. Experiential in nature, the workshop will center on guided journeys to connect with the elements of earth, air, fire, and water. We will then move outside in order to deepen these connections with the earth and landscapes around us. *Please bring hand drums & rattles, if you have them, and a notebook. Recommended Reading: Medicine for the Earth by Sandra Ingerman.*

**Session randomly assigned. Request via online account or paper registration form.**

## 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](http://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) July requests must be made by June 25, 2019
  - 2) August requests must be made by July 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) July requests must be made by June 25, 2019
- 2) August requests must be made by July 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

- Tues., July 2 . . . . . 11:00 AM - 12:00 PM
- Thurs., July 11 . . . . . 4:00 PM - 5:00 PM
- Wed., July 17. . . . . 12:30 PM - 1:30 PM
- Tues., July 23. . . . . 5:30 PM - 6:30 PM
- Fri., Aug. 2. . . . . 11:30 AM - 12:30 PM
- Thurs., Aug. 8. . . . . 2:30 PM - 3:30 PM
- Tues., Aug. 13 . . . . . 1:00 PM - 2:00 PM
- Mon., Aug. 19. . . . . 11:00 AM - 12:00 PM
- Thurs., Aug. 29. . . . . 10:00 AM - 11:00 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*

**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., July 2, 16, Aug. 6, 20

*Erica Nelson or  
Lorrie Ogren*

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



### Creative Journaling: Befriending Your Body

Thurs., July 25

*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., Aug. 15

*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 for Healing

Thurs., July 11, 25, Aug. 15, 29

*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., July 1, 8, 15

Mon., July 22, 29, Aug. 5

*Session times vary.  
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.*



### Bodywork with Reiki and Sound Healing

Tues., July 9, 16, Aug. 13

*Linda Lundquist*

10:30 AM - 11:45 AM

12:30 PM - 1:45 PM

The participant will receive a full body massage with long, flowing strokes that enhance deep relaxation. Reiki is energy work (hands on or off) used by the Provider as the massage is given that promotes deep healing. Sound Healing with a crystal bowl and tuning forks is also offered if the participant would like. The sounds of the bowl and forks align our bodies to promote deep healing and relaxation.



### Massage

Fri., July 12, 19, 26, &

Fri, Aug. 2, 9

9:45 AM - 11:00 AM

11:30 AM - 12:45 PM

1:45 PM - 3:00 PM

Depending on the massage therapist's training, sessions may include Relaxation/Swedish Massage, Clinical Massage, &/or Reflexology. When receiving relaxation or clinical massage, scent-free oils, lotions, or creams will be applied to the body to allow your muscles to be massaged without causing excessive friction to the skin. Participants may choose to undress to their comfort level for the massage. Whether experiencing reflexology, relaxation or clinical massage, Participants will be asked if they have any medical conditions, injuries, or medications that may affect the course or outcome of the massage.

*In conjunction with The College of Massage Therapy at Northwestern Health Sciences University.*



### Reflexology

Wed., July 3, 17, 31, Aug. 14, 28

*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., July 1, Aug. 5

*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.



**BODYWORK (CONT'D)**



**Shiatsu Massage**

*Mary LeSourd*

Mon., July 22, Aug. 19

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.



**Therapeutic Massage**

*Mollie Newhouse*

Thurs., Aug. 15

1:00 PM - 2:00 PM

2:15 PM - 3:15 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**

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., July 9, 23

1:00 PM - 2:00 PM

2:30 PM - 3:30 PM

**Bio-Energy Healing**

*Ann Agrimson*

Wed., Aug. 14

1:00 PM - 2:00 PM

2:30 PM - 3:30 PM



**Energy Healing**

*Peggy Dufour*

Tues., July 2, 9, 16, 23, 30, &

4:00 PM - 4:45 PM

Tues., Aug. 6, 13, 20, 27

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., July 16, Aug. 13

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**

*Dennis Searle*

Wed., July 3, 10, 17, 24, 31, &

1:00 PM - 1:45 PM

Wed., Aug. 7, 14, 21, 28

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*

Wed., July 3, &

12:00 PM - 12:45 PM

Thurs., July 11, Aug. 8, 15, 22, 29

1:00 PM - 1:45 PM

**Healing Touch**

*Niels Billund*

Tues., July 16, 30, Aug. 20

5:30 PM - 6:30 PM

**Healing Touch**

*Pamela Searles*

Thurs., Aug. 8, 22

10:00 AM - 11:00 AM

11:15 AM - 12:15 PM

**Healing Touch**

*Susan Martin*

Mon., July 1, Aug. 5

9:30 AM - 10:15 AM

10:30 AM - 11:15 AM

11:30 AM - 12:30 PM



**Healing Touch & Reiki**

*Liz Flavin*

Wed., July 10, 24, Aug. 7

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.

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

Wed., July 17, 24, Aug. 14

*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 may 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**

Sat., July 20, Aug. 17

*Aurea Gerard*

10:30 AM - 11:00 AM

11:15 AM - 11:45 AM

12:00 PM - 12:30 PM

**Reiki**

Wed., July 17, Aug. 7

*Mariola Minta*

10:00 AM - 11:30 AM

**Reiki**

Thurs., July 11, 25, Aug. 15, 29

*Naum Tsypis*

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

**Reiki**

Wed., Aug. 14

*(Team Reiki) Linda Snyder & Lynn Soley*

6:30 PM - 7:15 PM

7:30 PM - 8:15 PM

**Soul & Energy Based Healing**

Tues., July 2, 9, 16, 23, 30, &amp;

*Tim Hanson*

10:00 AM - 11:00 AM

Tues., Aug. 6, 13, 20, 27

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., July 1, 22, Aug. 5, 19

*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., July 11, Aug. 8

*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., July 12, Aug. 2, 16, 30

*Gadu*

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**

Fri., July 12, Aug. 2, 16, 30

*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.

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

Wed., July 10, 17, 24 (3 session series)

*Carla Beach*

9:30 AM - 10:30 AM

Wed., Aug. 7, 14, 21 (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. 📄



**HEALTH, WELLNESS, & NUTRITION (CONT'D)**

 **Integrative Wellness Circle** *Erin O'Meara*  
Tues., July 9, Aug. 13 1:00 PM - 2:30 PM

Tap into the healing power of community, as we explore resources for supporting and taking charge of our health challenges from a holistic, integrative and functional approach. We work together to develop personalized lifestyle practices (nutrition, movement, stress-management, etc.) and honor wherever each member is in their journey. This group is a great fit for you if you are motivated to make changes, and are interested in committing to an ongoing support community, including a private online forum. New participants are welcome, and a short orientation takes place in the first few minutes of each session. Due to the personal nature of our group sharing and time structure, it is required that members arrive promptly.

 **Natural Foods** *Marcy Lundquist*  
Fri., July 19, Aug. 16 3:30 PM - 4:30 PM

Learn natural food selection by understanding principles of food balance and harmony. Explore eastern and western dietary traditions and consider the role of our microbiome in keeping human systems healthy.

**MEDITATION, IMAGERY & INNER PRACTICE**

 **Forgiveness Guided Imagery** *James Wittenberg*  
Wed., July 3, 10, 17, 24, 31, & 11:00 AM - 12:00 PM  
Wed., Aug. 7, 41, 21

In this session of interactive guided imagery, you will be invited to experience completion with those in your life with whom you have issues of forgiveness. Peace, health, abundance, and love are gifts that can manifest themselves through this forgiveness process.

 **Guided Imagery**  *Mary Ellen Kinney*  
Tues., July 9, 23, Aug. 6, 20 10:00 AM - 11:30 AM  
11:45 AM - 1:15 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.

 **LovingKindness Meditation** *Andrew Litchy*  
Mon., July 1, 15, 29, Aug. 26 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., July 20 12:00 PM - 2:30 PM  
Sat., Aug. 17 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 practice session. Starting in March 2019, every other month (March, May, July, September and November) will be on specific practice topics and 2.5 hours long. Included will be longer practices, a possible teaching, dialogue and inquiry. **Drop-in group.** ↓

 **Shamanic Drumming Circle** *Lin Butler &/or Valerie Ohanian*  
Sat., July 20, Aug. 17 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., July 8, Aug. 5 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.

 **Turn Off Stress, Turn On Relaxation** *Jane & Susan Flannigan*  
Wed., July 24, Aug. 28 4:00 PM - 5:30 PM

Learn easy techniques to find calmness and balance even during times of chaos. Turn down the overactive nervous system (sympathetic) that causes anxiety and switch on the relaxation response (parasympathetic) that calms the body and clears the mind. This session will include breath and body work visualisation and mindful movement.

**MIND-BODY-SPIRIT HEALING** **Heal the Hurt**

Mon., Aug. 19

*Valerie Lis*

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**

Tues., July 16, 23 (2-Session Series)

*Amy Taylor*

4:00 PM - 4:30 PM

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**

Tues., July 30, Aug. 20

*Valerie Ohanian*

1:00 PM - 1:45 PM

2:00 PM - 2:45 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.

 **Voice Healing**

Wed., July 24, Aug. 21

*Myo-O Marilyn Habermas-Scher*

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.

 **Awakening Happiness**

Thurs., July 11

*Spruce Krause*

10:00 AM - 12:00 PM

Learn simple but effective tools to experience more well-being, authentic happiness, and less stress. Gain confidence that you have tools to help you move through dark feelings and fear and not get stuck in them as often or for as long. These tools will help you rewire your brain for a greater tendency toward authentic happiness. Together we will learn how to build pathways in the brain that promote well-being, peace and joy.

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

Tues., July 23, Aug. 27

*Carol Anderson*

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**

Thurs., July 11

*Michele Anderson*

7:00 PM - 8:00 PM

Thurs., Aug. 22

5:00 PM - 6:00 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., July 10, 17, 24, 31, Aug. 7, 14

*Christine Smith**Sanchez Peterson*

10:30 AM - 12:00 PM

We need to develop a practice, a discipline that helps us see the world and respond differently to the many events and situations we encounter every day that are often overwhelming and very stressful. 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., Aug. 19

*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 acupressure points with the fingertips, while working on personal stressors.

 **Practical Wellness - The Art of Creating Balance**

Wed., July 31, Aug. 21

*Mariola Minta*

10:00 AM - 12:30 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.



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

 **Spiritual Handwriting**  *Shannon Poppie*  
Wed., July 10 & Thurs., Aug. 8 10:00 AM - 12:00 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.

 **Word Horse Coaching Card Circle** *Beth Peterson*  
Wed., July 10, 24 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*  
Fri., Aug. 9 10:00 AM - 11:00 AM

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).

 **Kundalini Yoga and Meditation** *Jane Matteson*  
Sat., July 13, Aug. 3, 17 10:30 AM - 11:45 AM

Kundalini yoga is one of the most ancient and powerful forms of yoga. Classes include movement, breath work, mudras (hand positions), mantras (chant), and meditation to support all aspects of the mind-body-spirit connection. Kundalini yoga is also fun, energizing and accessible to people of all fitness levels.

 **Laughter Yoga** *Jody Ross*  
Thurs., July 18, 25, Aug. 8, 15, 22, 29 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., July 1, 8, 15, 22, 29, & 9:30 AM - 10:30 AM  
Mon., Aug. 5, 12, 19, 26

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.** ↓

 **Meditative Movements** *Ellie Peterson*  
Tues., July 9, 30, Aug. 20 2:00 PM - 3:00 PM  
Wed., July 24, Aug. 7, 28 9:30 AM - 10:30 AM

Integrating Meditative Movements into your daily life can release resistance and support your life journey with love, confidence & joy. This practice uses spoken positive core value affirmations with structured seated, standing & floor movements adaptable to your physical ability.

 **Nurturing Yoga -- Seated** *Marcy Lundquist*  
Fri., July 19, Aug. 16 2:15 PM - 3:15 PM

While seated, enjoy gentle postures and movement to build strength, flexibility, and well-being in a compassionate manner.

 **Seated Yoga for Emotional Balance and Relaxation** *Joyce Gudding*  
Wed., July 10, 17, 24, 31, Aug. 7, 21, 28 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.

 **Spring Forest Qigong Overview** *Barb Palmer or Shirley O'Neill*  
Mon., Aug. 12 1:00 PM - 3:00 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., July 1, 8, 15, 22, 29, & 1:00 PM - 2:15 PM  
Mon., Aug. 5, 19, 26

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.** ↓

**MOVEMENT & GUIDED PRACTICE (CONT'D)****Advanced Tai Chi***Eddy Wilbers*

Mon., July 1, 8, 15, 29, &amp;

4:00 PM - 5:00 PM

Mon., Aug. 5, 12, 19, 26

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., July 2, 9, 16, 23, 30, &amp;

4:00 PM - 5:00 PM

Tues., Aug. 6, 13, 20, 27

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

Tues., July 16, Aug. 6

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., Aug. 10

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.

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

Mon., July 15, Aug. 12

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****Advance Care Planning: Individual or Pairs***Lin Butler*

Tues, July 16, Aug. 20

4:00 PM - 5:30 PM

6:00 PM - 7:30 PM

Participants may explore and discuss their questions, concerns and choices regarding end of life planning and 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.

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

Tues., July 2, 16, Aug. 6, 20

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.

**Grieving All Our Losses***Karen Greer*

Thurs., July 18

3:00 PM - 5:00 PM

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.

**In Passing**

*How swiftly the strained honey  
of afternoon light  
flows into darkness*

*and the closed bud shrugs off  
its special mystery  
in order to break into blossom:*

*as if what exists, exists  
so that it can be lost  
and become precious*

~ Lisel Mueller ~

## MONTHLY DROP-IN GROUP



### ↓ **Caregivers: Navigating Together**

**Mondays, July 8 and August 5**

**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.

**July 8: Empowering Caregivers through Spring Forest  
Qigong with Gadu Schmitz**

**August 5: Writing as a Way to Care for Your Own  
Well-being with Wendy Brown-Baez**

*All sessions co-facilitated by  
Erica Nelson, Program Manager*

**Request via online account or paper registration form.**

### **Responses from Participants who experienced Pathways' Healing Sessions....**

*I feel more calm and centered and stronger on my path.*

*I am so relaxed – tensions, knots and stressed  
were cleared! Energy shifts happened.*

*I learned that we may have choices even  
if we don't know it.*

*My mood improved just by being here.  
I feel like I have more positive energy.*

*I learned so much, received a lot of clarity  
and feel wise and inspired!*

### **Board of Directors**

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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

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Return Service Requested

Healing Within.  
Renewing Life.

*July & August 2019*  
*Calendar of events, programs, and services*

## SPECIAL OFFERING



### AWAKENINGS

**Facilitator: Betsy Knapp**

**Wednesdays, August 7, 14, 21, 28 (4 sessions 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.**

