

# Pathways

A Healing Center

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

Tim Thorpe, Executive Director  
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 Margaret Miles, Development Manager  
 Laura Nelson, Administrative Coordinator

## Building Hours

### **Program Hours:**

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

### **Drop-in Hours:**

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

### **March & April 2019 Building Closures:**

Thurs, March 7 - Administrative Focus Day  
 Sat., March 30 - Administrative Programming  
 Thurs, April 4 - Administrative Focus Day  
 Sat, April 27 - 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.

## SPECIAL OFFERINGS

 ★ **Navigating Complex Chronic Illness: A Whole Person Approach**



**Tuesday, March 12, 2019**

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



**Facilitated by Rev. Catherine Duncan, Integrative Spiritual Consultant, Cathy Moore, Board-Certified Physician Assistant, Rachel Wood, Integrative Nutritionist**

Complex chronic illness involves many body systems and has an emotional/spiritual component. Come learn from 3 experts how you can address your illness and feel better than you have in years. Topics include nutrition, resiliency, spiritual/emotional healing and overall wellness.

Newbridge Clinic's mission is to provide the highest quality healthcare using a personalized, holistic, natural and functional medicine approach. In order to promote optimal health and healing for infants, children, and adults in a caring and supportive manner.

**Pathways fundraiser: \$15.00.** Register at our event website:  
<https://tinyurl.com/newbridge0312>

 ★ **The Sexual Self and Physical Illness**



**Monday, April 15, 2019 / 6:00 PM - 8:00 PM**

**Facilitated by Dale Mueller of Smitten Kitten**

This workshop will focus on maintaining, redefining, and exploring sexuality through chronic pain, illness, cancer, and other conditions that affect the physical, mental, and emotional aspects of sexuality. We will discuss ways to reconnect with your sexual self, increase desire, and holistically care for yourself when it comes to arousal and sexual practices as individuals or in partnered relationships.

Topics will include lubricants, position enhancers, and sex toy use - all of which can make sexual activities more comfortable, pleasurable, and possible.

**Registration unavailable online.**

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

## 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) March requests must be made by Feb. 25, 2019
  - 2) April requests must be made by March 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) March requests must be made by Feb. 25, 2019
- 2) April requests must be made by March 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

- Fri., Mar. 1 . . . . . 2:30 PM - 3:30 PM
- Tues., Mar. 5 . . . . . 5:30 PM - 6:30 PM
- Thurs., Mar. 14. . . . . 3:00 PM - 4:00 PM
- Fri., Mar. 22. . . . . 11:00 AM - 12:00 PM
- Mon., Apr. 1. . . . . 2:30 PM - 3:30 PM
- Tues., Apr. 9. . . . . 1:00 PM - 2:00 PM
- Thurs., Apr. 18 . . . . . 4:00 PM - 5:00 PM
- Mon., Apr. 22 . . . . . 11:30 AM - 12:30 PM
- Tues., Apr. 30 . . . . . 2:00 PM - 3:00 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*

- **Tues.: Apr. 2 - May 21 - 10:00 AM - 12:30 PM - {Traditional Curriculum}**
- **Tues.: Apr. 2 - May 21 - 6:00 PM - 8:30 PM - {Expressive Arts Curriculum}**
- **Wed.: Apr. 3 - May 22 - 6:00 PM - 8:30 PM - {Traditional Curriculum}**

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

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

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

- Session 1 - Renewing Life
- Session 2 - Partnering with Mind/Body/Spirit
- Session 3 - Nourishing Relationships
- Session 4 - Restoring Spirit
- Session 5 - Expressing Feelings
- Session 6 - Making Meaning
- Session 7 - Creating Healing Spaces
- Session 8 - Loving and Celebrating a Renewed Life

**Must Attend All Sessions. Registration not available online.**

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

**PATHWAYS' SCENT-FREE POLICY**

The following are banned within the building and property:

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

**Session Symbol Key & Definitions**

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

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

Tues., Mar. 5, 19, Apr. 2, 16

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. **Class held in Pathways lower level. Participants must be able to navigate stairs in order to access services.**

 **Celebrating Spring Through Book-Making**

Thurs., Mar. 14, Apr. 25

Janet Higgins

10:00 AM - 12:30 PM

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

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

 **Creative Journaling: Befriending Your Journey**

Thurs., Mar. 14

Kate Wolfe-Jenson

10:00 AM - 12:00 PM

Has becoming ill detoured you from the life you planned? Health crises rearrange our priorities, giving rise to anger, sadness or confusion. Using creative journaling and meditation, we'll explore our journeys and integrate our experience into healing stories. Please bring your journal or a notebook.

 **Creative Journaling: Befriending Your Body**

Thurs., Apr. 11

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.

 **Renewal in Nature - Collage**

Tues., Apr. 16

Gloria Larsen

10:00 AM - 11:45 AM

What in nature provides you comfort, hope, renewal and healing? During this group we will create collages that reflect all you love in nature and what gives you peace, joy and inspiration. No art experience is needed. All materials will be provided. **Session held in the lower level, so Participants must be able to navigate stairs to access class.**

 **Writing for Healing**

Thurs., Mar. 14, 28, Apr. 11, 25

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., Mar. 4, 11, 18

Session times vary.

See online system

Mon., Mar. 25, Apr. 1, 8

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., Mar. 19, 26, Apr. 2, 16

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.

 **Chi Nei Tsang Abdominal Massage**

Fri., Mar. 1

Melissa Cathcart

1:00 PM - 1:45 PM

2:00 PM - 2:45 PM

3:00 PM - 3:45 PM

Chi Nei Tsang (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. Qi-gong meditation may also be added to your treatment as a way to focus on a particular organ system.



**BODYWORK (CONT'D)**

 **Reflexology**

*Connie Saunders*

Wed., Mar. 20, Apr. 10 10:00 AM - 10:45 AM

Wed., Apr. 24 10:00 AM - 10:45 AM  
11:00 AM - 11:45 AM

In this session, pressure will be applied to your feet with specific thumb and finger techniques. These pressure points help activate the healing powers of your body to balance and energize yourself. You will be fully clothed and sit in a reflexology chair where you can relax and connect with your body to increase circulation and decrease tension.

 **Shiatsu Massage**

*Mary LeSourd*

Mon., Mar. 18 2:30 PM - 3:45 PM  
4:00 PM - 5:15 PM

Mon., Apr. 15 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., Mar. 14, Apr. 18 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.

 **Shiatsu Self-Care Workshop**

*Mary LeSourd*

Mon., Mar. 18 6:00 PM - 7:30 PM

Zen Shiatsu, a Japanese acupressure treatment, is accessible to anyone who wants to connect mind, body and breath to ensure a healthy immune system and positive energy flow. Learn about Five Element Theory of Chinese Medicine while integrating self-care stretches and acupressure points. Through movement, pressure and release, you will experience nourishing balance for your entire being!

**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., Mar. 5, 19, Apr. 2, 16, 30 1:00 PM - 2:00 PM  
2:30 PM - 3:30 PM

**Bio-Energy Healing**

*Ann Agrimson*

Wed., Mar. 20, Apr. 17 1:00 PM - 2:00 PM  
2:30 PM - 3:30 PM

 **BodyTalk**

*Karen Norum*

Tues., Apr. 9 4:30 PM - 5:00 PM  
5:15 PM - 5:45 PM  
6:00 PM - 6:30 PM  
6:45 PM - 7:15 PM

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

 **Energy Healing**

*Peggy Dufour*

Tues., Mar. 5, 12, 26, & 4:00 PM - 4:45 PM  
Tues., Apr. 2, 9, 16, 23, 30 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., Mar. 12, Apr. 16 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., Mar. 6, 13, 20, 27, & 1:00 PM - 1:45 PM  
Wed., Apr. 3, 10, 17, 24 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.

**ENERGY HEALING (CONT'D)** **Healing Touch**

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

**Healing Touch***Jim Taylor*

Thurs., Mar. 14, 21, 28, Apr. 11, 18, 25      12:00 PM - 12:45 PM  
1:00 PM - 1:45 PM

**Healing Touch***Mary Johnson*

Thurs., Mar. 14, Apr. 11      1:00 - 1:45 PM & 2:00 - 2:45 PM  
Thurs., Mar. 21, 18      2:00 - 2:45 PM & 3:00 - 3:45 PM

**Healing Touch***Niels Billund*

Wed., Mar. 6, 20, Apr. 3, 17      5:30 PM - 6:30 PM

**Healing Touch***Pamela Searles*

Thurs., Mar. 14, 28      10:00 AM - 11:00 AM  
11:15 AM - 12:15 PM

**Healing Touch***Susan Martin*

Mon., Apr. 15, Wed. Apr. 17      9:30 AM - 10:15 AM  
10:30 AM - 11:15 AM

 **Healing Touch & Reiki***Liz Flavin*

Wed., Mar. 6, 20, Apr. 3, 17      4:00 PM - 5:00 PM

Healing Touch and Reiki are heart centered, nurturing energy therapies that support the body's natural ability to heal. You will be asked to set a healing intention for the session. Then the practitioner will use gentle hands on and/or hands off techniques to balance your physical, mental, emotional and spiritual well-being.

 **Intuitive Deep Hands-on Healing***Rhesa Schwartz*

Thurs., Mar. 14, 21, 28, Apr. 11, 18      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.

 **Mind Clearing & Energy Restoration***Diane Hendrickson*

Thurs., Mar. 14, 28, Apr. 18      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.

 **R&R:****Rejuvenate & Revitalize***Cheryl Gebhart*

Fri., Mar. 15, Apr. 12

1:00 PM - 1:45 PM

2:00 PM - 2:45 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**

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***Aurea Gerard*

Sat., Mar. 23, Apr. 20

10:30 AM - 11:00 AM

11:15 AM - 11:45 AM

12:00 PM - 12:30 PM

**Reiki***Cindy VanDrasek-Pai*

Mon., Mar. 11, Apr. 15

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

**Reiki***Naum Tsypris*

Thurs., Mar. 14, 28, Apr. 11, 25

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

**Reiki***(Team Reiki) Linda Snyder & Lynn Soley*

Wed., Apr. 24

6:30 PM - 7:15 PM

7:30 PM - 8:15 PM

 **Soul & Energy Based Healing***Tim Hanson*

Tues., Mar. 5, 12, 19, 26 &

10:00 AM - 11:00 AM

Tues., Apr. 2, 9, 16, 23, 30

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***Barb Palmer*

Mon., Mar. 25, Apr. 8, 22

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.



**ENERGY HEALING (CONT'D)** **Spring Forest Qigong  
Energy Balancing**

Thurs., Mar. 14, Apr. 11

*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., Mar. 1, 15, Apr. 19

*Gadu*

2:15 - 2:45 PM

2:45 - 3:15 PM

3:15 - 3:45 PM

3:45 - 4:15 PM

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

 **Spring Forest Qigong Healing Circle**

Fri., Mar. 1, 15, Apr. 19

*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., Mar. 13, 20, 27 (3 session series)

9:30 AM - 10:30 AM

Wed., Apr. 3, 10, 17 (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. 

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

Tues., Mar. 5, 19, Apr. 2, 16, 30

1:00 PM - 2:30 PM

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

**MEDITATION, IMAGERY & INNER PRACTICE** **Crystal Singing  
Bowl Sound Bath***Karen Norum*

Tues., Mar. 26

6:30 PM - 7:15 PM

Drop in to refresh, relax, renew. Allow the soothing tones of quartz crystal bowls to wash over you. The tones produce a vibrational sound field which bathes you with rising and falling rhythms, tonalities and multi-tonal octaves of harmonic resonance.

 **Finding Clarity***Andre Heuer*

Thurs., Mar. 21

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.

 **Imagery, Imagination & Healing***Andre Heuer*

Thurs., Apr. 18

9:30 AM - 11:30 AM

In this session on the practice of imagery we investigate: the theories of imagery, how to use imagery as a tool for fostering healing and creativity, and why imagery is more than a visualization technique.

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

Tues., Mar. 19, Apr. 30

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.

**MEDITATION, IMAGERY & INNER PRACTICE (CONT'D)** **LovingKindness Meditation** *Andrew Litchy*

Mon., Mar. 11, 25, Apr. 8, 22 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., Mar. 16 12:00 PM - 2:30 PM

Sat., Apr. 20 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., Mar. 16, Apr. 20 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., Mar. 4, Apr. 8 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** **Compassionate Listening** *Sue Salmela*

Wed., Mar. 13, 20, 27, Apr. 3, 10, 17, 24 1:00 PM - 2:00 PM

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

 **Conversational Labyrinth** *Helen Cleveland*

Thurs., Mar. 21, Apr. 11, 25 12:00 PM - 1:00 PM

1:15 PM - 2:15 PM

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

 **Heal the Hurt** *Valerie Lis*

Mon., Apr. 29 11:00 AM - 12:00 PM / 12:30 PM - 1:30 PM

2:00 PM - 3:00 PM / 3:30 PM - 4:30 PM

Memories can continue to hurt years after an event as the healing process becomes blocked. Emotional Freedom Techniques (EFT), self-treatment with fingertip tapping, seeks to detach stressful feelings and- in a complete, respectful, and peaceful manner - to heal the hurt.

 **Healing Hypnosis** *Amy Taylor*

Tues., Mar. 5, 26 (2-Session Series) 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** *Valerie Ohanian*

Tues., Mar. 19, Apr. 9, 30 2:00 PM - 2:45 PM

3:00 PM - 3:45 PM

Shamanic methods can foster healing as well as help restore vitality, grounding and passion for life. The work is energetic and spiritual in nature: I access and offer tools you can use to bring healing, transformation and empowerment into your daily life.

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

Wed., Mar. 13, Apr. 10 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., Mar. 13, 20, Apr. 10, 24 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.



**MIND-BODY-SPIRIT HEALING (CONT'D)** **A Community of Practice  
in the Second Half of Life** *Carol Anderson*

Tues., Mar. 26

4:00 PM - 5:30 PM

Find your way in the second half of life after following the ways that have been laid for you in the first half. This group will explore, through our own stories, the universal wisdom that cultural anthropologist Angeles Arrien describes in *The Second Half of Life: Opening the Eight Gates of Wisdom*. Together we will explore the tasks, challenges and gifts of the wisdom that builds character, break patterns and inspire legacy leaving in the second half of life. **This is a nine session series commitment, meeting once a month on the following dates: Mar. 26, Apr. 23, May 28, June 25, July 23, Aug. 27, Sept. 24, Oct. 29, & Nov. 26.**

 **Awakening Happiness***Spruce Krause*

Tues., Mar. 26

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***Carol Anderson*

Tues., Mar. 26, Apr. 23

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., Mar. 14

6:00 PM - 7:00 PM

Sat., Apr. 20

1:30 PM - 2:30 PM

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

 **Healing Support  
for the Emotions***Valerie Lis*

Mon., Apr. 29

5:00 PM - 7:00 PM

Emotional Freedom Techniques (EFT) is a simple method to dissolve stress. It also helps eliminate or reduce chronic pain and discomfort. Participants learn to self-treat by tapping acupuncture points with the fingertips, while working on personal stressors.

 **Self-Care & Self-Compassion***Lisa Venable*

Fri., Apr. 5

1:00 PM - 2:30 PM

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

 **The WarmFeet Intervention***Birgitta Rice*

Thurs., Mar. 21, Apr. 11

1:00 PM - 2:15 PM

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

 **Word Horse  
Coaching Card Circle***Beth Peterson*

Wed., Mar. 13, 27, Apr. 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., Apr. 5

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).

**MOVEMENT & GUIDED PRACTICE (CONT'D)** **Kundalini  
Yoga and Meditation**

*Jane Matteson*  
Sat., Apr. 6, 20 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., Mar. 21, 28, Apr. 11, 18, 25 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., Mar. 4, 11, 18, 25, & 9:30 AM - 10:30 AM  
Mon., Apr. 1, 8, 15, 22, 29  
Laugh for no reason. No poses and no mats necessary. Simple movements can be done standing or sitting. An opportunity to be present and recapture your childlike nature to be joyful. **Drop-in Group.** ↓

 **Seated Yoga for  
Emotional Balance and Relaxation**

*Joyce Gudding*  
Wed., Mar. 13, 20, 27, Apr. 3, 10, 17, 24 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., Mar. 11 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., Mar. 4, 18, 25, & 1:00 PM - 2:15 PM  
Mon., Apr. 1, 8, 15, 22, 29

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., Mar. 4, 18, 25, & 4:00 PM - 5:00 PM  
Mon., Apr. 8, 15, 22, 29

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., Mar. 5, 12, 19, 26, & 4:00 PM - 5:00 PM  
Tues., Apr. 9, 16, 23, 30

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.** ↓

 **Intro to Tai Chi Chih**

*Marlena Vernon*  
Wed., Mar. 6, 13, 20, 27, & 9:30 AM - 10:30 AM  
Wed., Apr. 3, 10, 17, 24

Experience this gentle, moving meditation practice of non-strenuous, circular and repetitive movements emphasizing self-awareness, well-being and energy flow. It can easily be done by anyone, regardless of age or physical condition and can lead to heightened mind-body awareness.

 **Tai Chi for  
Better Health - Seated**

*Stephanie Siddiqui*  
Tues., Mar. 5, 19, Apr. 2, 16 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.



**MOVEMENT & GUIDED PRACTICE (CONT'D)****Taoist Exercise  
for Health and Internal Power***Rand Adams*

Sat., Apr. 6 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., Mar. 11, Apr. 15 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 (1-1)***Anne Archbold &/or**Marilaurice Hemlock*

Thurs., Mar. 14, Fri., Apr. 5 10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

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

**Your Health Care Directive***Lin Butler*

Tues., Mar. 19, Apr. 23 4:00 PM - 5:30 PM

6:00 PM - 7:30 PM

Reflect on your hopes, fears, values and choices related to medical procedures, pain management and your emotional/spiritual well being at end of life. Capture your thoughts and feelings on paper in a way your loved ones and medical personnel will understand your wishes. Your care giving partner is welcome to attend.

**Who Am I Now?  
Living with Change***Mary Baker*

Wed., Mar. 6, 20, Apr. 3, 17 11:00 AM - 12:30 PM

We constantly live with change. In this group, we will explore the impact of change in our lives as we work to discover *Who Am I Now?*. Our discussions will focus on the topics of awareness, acceptance, appreciation, and intention in moving forward.

**ON-GOING PILOT PROGRAM****↓ Caregivers: Navigating Together****Mon., March 4, April 1****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.

**March 4: Emotional Self-Care for Caregivers  
with Valerie Lis**

**April 1: The Myth of Self-Sacrifice with Deb Safyre**

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

**Sessions randomly assigned.**

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



*Pathways' mission is to provide holistic resources and services for people with physical life-threatening or chronic illness - and their caregivers - to explore and experience complementary healing approaches.*

# Pathways

A Healing Center

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

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Return Service Requested

Healing Within.  
Renewing Life.

*March & April 2019*  
*Calendar of events, programs, and services*

## SPECIAL OFFERING



### **AWAKENINGS – 4 WEEK PILOT PROGRAM**

**Wednesdays, March 6, 13, 20, 27 (4 sessions series)**

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

**Facilitators: Betsy Knapp & Paula Sandberg of Renewing Life**

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.**

