

Pathways

A Healing Center

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Tim Thorpe, Executive Director

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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 2020 Building Closures:

Thurs, March 5 - Administrative Focus Day

Sat, March 28 - Administrative Programming

Thurs, April 2 - Administrative Focus Day

Sat, April 25 - 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 OFFERING

Adverse Childhood Experiences and Their Intersection with Health and Resilience

Facilitated by Becky Dale of MN Communities Caring for Children

Monday, March 16, 2020

6:30 PM - 8:30 PM



The Adverse Childhood Experiences (ACEs) Study findings represent a paradigm shift in human understanding of the origins of physical, social, mental, and societal health and well-being. We now know that leading causes of disease and disability, learning and productivity problems, and early death have their roots in the cumulative neurodevelopmental impacts of Adverse Childhood Experiences (ACEs).

This discussion is presented in three sections:

1. Neurobiology & Epigenetics focuses on how our brains adapt to our environment during childhood & some basic concepts related to how toxic stress can impact healthy development.
2. Key Findings from the Adverse Childhood Experiences (ACEs) study highlight some of the data from the original ACEs Study.
3. Resilience focuses primarily on attachment and belonging as well as supporting individual capabilities. Within this framework, culture, community and spirituality become key protective systems.

Adverse Childhood Experiences (ACEs) have been linked to increased risk of many chronic illnesses. Understanding that link can be useful to those facing illness and other challenges in order to gain insight, take steps to heal and ease current suffering.

\$15 - Suggested Speaker Fee. 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 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, 2020
 - 2) April requests must be made by Mar. 25, 2020
- Those without computer access may submit a registration request form by fax, mail, or in person. Blank registration request forms are available in Pathways' library area or may be mailed to Participants upon request.

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

SCHEDULING PROCESS

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

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

Computer Registration Deadlines:

- 1) March requests must be made by Feb. 25, 2020
- 2) April requests must be made by Mar. 25, 2020

Category 1

For persons with life-threatening physical illness (cancer, debilitating heart disease, HIV/AIDS, lymphoma, MS, ALS, transplants, etc.).

Category 2

For persons dealing with disability, pain and/or other symptoms related to a physical chronic illness, or physical injury (CFS, chronic pain, diabetes, Lyme, etc.). This category is also designed for persons from Category 1 who have no advance in illness following one year of Pathways' services.

Category 3

For persons in recovery from stress and emotionally based concerns related to physical illness and for persons from Category 2 following one year of receiving Pathways' services.

We do not offer services addressing mental illness and can refer those looking for professional mental health services to other mental health organizations.

Category Status is self-identified. However, if you have been a Category 1 or 2 for one year without any advance in illness, we ask that you change your category to the next lower level. This allows the newly diagnosed or those with advancing illness to have the highest priority. Caregivers may choose to select the same category as the person they are caring for.

ARRIVAL, PARKING, & CLASS START TIMES

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

ACCESSING THE LOWER LEVEL AND SECOND FLOOR:

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

Pathways does not advocate, support, or practice unlawful discrimination based on age, ethnicity, gender, national origin, disability, race, size, religion, sexual orientation, or socioeconomic background.

NEW PARTICIPANT ORIENTATION

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

612-822-9061

- Mon., Mar. 2 11:00 AM - 12:00 PM
- Thurs., Mar. 12. 4:00 PM - 5:00 PM
- Tues., Mar. 17. 12:00 PM - 1:00 PM
- Mon., Mar. 23 3:30 PM - 4:30 PM
- Fri., Apr. 3 1:00 PM - 2:00 PM
- Thurs., Apr. 9 5:00 PM - 6:00 PM
- Thurs., Apr. 16. 11:30 AM - 12:30 PM
- Fri., Apr. 24. 2:00 PM - 3:00 PM
- Thurs., Apr. 30 11:00 AM - 12:00 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*

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**Creative Journaling:
Befriending Your Body**

Thurs., Apr. 9

Kate Wolfe-Jenson

10:00 AM - 12:00 PM

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

**Creative Journaling:
Befriending Your Journey**

Thurs., Mar. 12

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.

**Writing About Illness**

Tues., Apr. 14

Jeannie Piekos

1:00 PM - 2:30 PM

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

**Writing for Healing**

Thurs., Mar. 12, 26, Apr. 9, 23

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. 2, 9, 16 - [3 Session Series]

*Session times vary.*Mon., Mar. 23, 30, Apr. 6, 13 - [4 Session Series] *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.

**Reflexology**

Wed., Mar. 4, 18, Apr. 1, 15, 29

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.

**Shiatsu Massage**

Mon., Mar. 9, Apr. 6

Mary LeSourd

10:00 AM - 11:15 AM

11:30 AM - 12:45 PM

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

**Therapeutic Massage**

Wed., Mar. 11, Apr. 8

Mollie Newhouse

11:00 AM - 12:00 PM

12:15 PM - 1:15 PM

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

ENERGY HEALING**Bio-Energy Healing**

Tues., Mar. 3, 17, 31, Apr. 14, 28

Sarah Miracle

1:00 PM - 2:00 PM

2:30 PM - 3:30 PM

Bio-energy healing promotes the body's natural state of wholeness. The chakras and the energy fields are strengthened and balanced, which can reduce pain, lower stress, speed recovery time and promote vitality of healthy cells. The work happens with hands on or off the body.

**Bio-Energy Healing**

Wed., Mar. 18, Apr. 15

Ann Agrimson

1:00 PM - 2:00 PM

2:30 PM - 3:30 PM

Bio-energy healing promotes the body's natural state of wholeness. The chakras and the energy fields are strengthened and balanced, which can reduce pain, lower stress, speed recovery time and promote vitality of healthy cells. The work happens with hands on or off the body.



ENERGY HEALING (CONT'D)

 **BodyTalk** *Karen Norum*
 Mon., Apr. 13 4:00 PM - 4:30 PM
 4:45 PM - 5:15 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., Apr. 7, 14, 21, 28 4:00 PM - 4:45 PM
 5:00 PM - 5:45 PM

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

 **Energy Healing** *Wendy Kardia*
 Tues., Mar. 10, Apr. 14 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. 4, 11, 18, 25, & 1:00 PM - 2:00 PM
 Wed., Apr. 1, 8, 15, 22, 29 2:00 PM - 3:00 PM
 3:00 PM - 4:00 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.

 **Ensofic Ray**  *Genevieve Wachutka*
 Thurs., Mar. 12, 19, 26 (3 session series) 9:30 AM - 10:30 AM
 Thurs., Apr. 9, 16, 23 (3 session series) 11:00 AM - 12:00 PM

The ray of Ensofic is the highest vibration of energy. It is pure, radiant light. When this energy is used for healing, it helps to reduce pain, detox the body, bring more light and integrate healing in the body. It works with any medical treatment to bring greater balance. 

 **Ensofic Ray**  *Sarah Smriga*
 Tues., Mar. 10, 17, 24 (3 session series) 2:30 PM - 3:30 PM
 4:00 PM - 5:00 PM

Fri., Apr. 10, 17, 24 (3 session series) 9:30 AM - 10:30 AM
 11:00 AM - 12:00 PM

The ray of Ensofic is the highest vibration of energy. It is pure, radiant light. When this energy is used for healing, it helps to reduce pain, detox the body, bring more light and integrate healing in the body. It works with any medical treatment to bring greater balance. 

 **Healing Touch** *Jim Taylor*
 Wed., Mar. 4, Apr. 1 12:00 PM - 12:45 PM
 1:00 PM - 1:45 PM

Thurs., Mar. 19, 26, Apr. 9, 16, 23, 30 12:00 PM - 12:45 PM
 1:00 PM - 1:45 PM

Healing Touch is an energy therapy that uses gentle hand techniques to help re-pattern a person's energy field and accelerate healing of the body, mind, and spirit. This can help to relieve pain, anxiety and depression. The session is usually done with the client lying on a bodywork table.

 **Healing Touch** *Mary Johnson*
 Thurs., Mar. 12, Apr. 9, 16 1:00 PM - 1:45 PM
 2:00 PM - 2:45 PM

Thurs., Mar. 19 2:00 PM - 2:45 PM
 3:00 PM - 3:45 PM

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

 **Healing Touch** *Niels Billund*
 Tues., Mar. 3, 17, 31, Apr. 14 5:30 PM - 6:30 PM

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

 **Healing Touch** *Pamela Searles*
 Thurs., Mar. 12, 26, Apr. 9, 23 10:00 AM - 11:00 AM
 11:15 AM - 12:15 PM

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

 **Healing Touch & Reiki** *Liz Flavin*
 Wed., Mar. 4, 25, Apr. 8, 22 3:30 PM - 4:30 PM
 4:45 PM - 5:45 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) **Intuitive Deep Hands-on Healing**

Thurs., Mar. 12, 19, Apr. 9, 16

Rhesa Schwartz

10:00 AM - 11:00 AM

11:30 AM - 12:30 PM

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

 **R&R: Rejuvenate & Revitalize**

Thurs., Mar. 12, Apr. 16

Cheryl Gebhart

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**

Fri., Mar. 6, 20, Apr. 3, 17

*Bess Brown*

11:00 AM - 11:45 AM

12:00 PM - 12:45 PM

Reiki is a form of energy healing that helps with relaxation and the reduction of stress. Reiki facilitates healing on spiritual, emotional, mental and physical levels.

 **Reiki**

Tues., Apr. 7

Cindy VanDrasek-Pai

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

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

 **Reiki**

Tues., Mar. 24, Apr. 28

Colleen Beggan

11:00 AM - 11:45 AM

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

 **Reiki**

Thurs., Mar. 12, 26, Apr. 9, 23

Naum Tsypis

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

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

 **Reiki Energy Healing**

Wed., Mar. 11, Apr. 22

Mariola Minta

10:00 AM - 11:00 AM

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

 **Soul & Energy Based Healing**

Tues., Mar. 3, 10, 17, 24, 31, &

Tim Hanson

10:00 AM - 11:00 AM

Tues., Apr. 7, 14, 21, 28

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., Apr. 13, 27

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.

 **Spring Forest Qigong (SFQ) Healing/Qi~ssage**

Fri., Mar. 13, 27, Apr. 10

Gadu

2:15 - 2:45 PM / 2:45 - 3:15 PM

3:15 - 3:45 PM / 3:45 - 4:15 PM

A choice of SFQ Energy Healing, Qi~ssage or combination of both. During Energy Healing, a SFQ Healer will move their 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. They 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.

 **Send Yourself Some LOVE: Energy Healing Self-Care**

Wed., Mar. 11

*Liz Flavin*

5:00 PM - 6:30 PM

Energy healing is an ancient practice of sending love to another person or yourself. Learn how to bring your energy body back into balance while being guided through a Chakra Balancing Meditation. There will be time for journaling, reflection and sharing and the opportunity to receive Reiki healing.



ENERGY HEALING (CONT'D) **Spring Forest Qigong Healing Circle**Gadu
Fri., Mar. 13, 27, Apr. 10 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.

 **What Is The Human Energy Field?**Ann Agrimson & Sarah Miracle
Tues., Mar. 10 6:30 PM - 8:30 PM

In one way or another, everyone has the ability to sense the energy field. It is a matter of playing with the many possibilities. In this workshop, we will be discussing and experimenting with the variety of ways to sense the human energy field. This workshop is geared toward people who have little to no experience with the energy field, but all are welcome to come and explore.

 **What Is This Thing Called "Grounding"?**Ann Agrimson & Sarah Miracle
Tues., Mar. 24 6:30 PM - 8:30 PM

We will explore what grounding is and why it is helpful. By exploring ways to ground, you can keep centered and in the moment, develop ways to de-stress, and handle difficult situations. It is also an important tool when relating not only with our own energy field, but also in interacting with someone else's energy field. This workshop is geared toward people who have little to no experience with the energy field, but all are welcome to come and explore.

 **What Happens In Energy Healing?**Ann Agrimson & Sarah Miracle
Tues., Mar. 31 6:30 PM - 8:30 PM

Have you wondered what happens during an energy healing? Through discussion and demonstration, we will explore what energy healing is and why it can be useful.

HEALTH, WELLNESS, & NUTRITION **Life Coaching**Carla Beach
Wed., Mar. 4, 11, 18 (3 session series) 9:30 AM - 10:30 AM

Wed., Apr. 1, 8, 15 (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. 📄

MEDITATION, IMAGERY & INNER PRACTICE **Guided Imagery**Mary Ellen Kinney
Tues., Mar. 3, 17, 31, Apr. 14, 28 9:30 AM - 11:00 AM
11:15 AM - 12:45 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.

 **Imagery, Imagination & Healing** Andre Heuer

Thurs., Mar. 19 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. 17, Apr. 28 6:30 PM - 8:30 PM

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

 **LovingKindness Meditation** Andrew Litchy

Mon., Mar. 9, 23, Apr. 6, 20 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. 21, Apr. 18 12:00 PM - 1:30 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.** ↓

MEDITATION, IMAGERY & INNER PRACTICE (CONT'D) **Shamanic Drumming Circle**

Sat., Mar. 21, Apr. 18

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**

Mon., Mar. 9, Apr. 6

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.

 **The Practice of Mindfulness**

Thurs., Apr. 16

Being aware of the moment is an important step in healing. In this session we'll explore the basic steps of mindfulness and you'll learn to use your everyday activities to create your own mindfulness techniques.

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

Thurs., Mar. 19, Apr. 9, 16, 23, 30

In this session you will be offered a presence and a listening ear. At times you will receive feedback as to what you are experiencing and discovering. You may want to prepare for the session by coming with a focused intention.

 **Heal the Hurt**

Mon., Apr. 20

11:00 AM - 12:00 PM
12:30 PM - 1:30 PM
2:00 PM - 3:00 PM
3:30 PM - 4:30 PM

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

 **Health Coaching**

Wed., Mar. 11, 18, 25 (3 session series)

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

Health coaching is a participant-centered confidential process to facilitate and empower the participant to achieve self-determined goals related to health and wellness. Health coaches apply clearly defined knowledge and skills so that participants mobilize internal strengths and external resources for sustainable change. 

 **Integrative Health and Well-Being Coaching**

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

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

In this series, you will be supported in mobilizing internal and external resources to set and achieve well-being related goals and dreams. By the end of the series, you will have accessed your mind, body, and spirit and established small steps toward actualizing your personal well-being. 

 **Shamanic Healing Sessions**

Tues., Mar. 17, 24, Apr. 7, 28

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**

Wed., Mar. 11, Apr. 8

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**

Wed., Mar. 4, 18, Apr. 1, 15

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.

 **Awakening Happiness**

Fri., Mar. 13

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.



MIND-BODY-SPIRIT HEALING (CONT'D) **Finding Your Way for the Rest of Your Life**

Tues., Mar. 24, Apr. 28

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., Mar. 26, Apr. 23

Michele Anderson
3:30 PM - 4:30 PM

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

 **Healing Support for the Emotions**

Mon., Apr. 20

Valerie Lis
5:00 PM - 7:00 PM

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

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

Tues., Mar. 24

Lisa Venable
11:00 AM - 12:30 PM

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

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

Wed., Mar. 4

Mariola Minta
10:00 AM - 12:00 PM

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

 **Qi Breathing Workshop**

Wed., Apr. 8

*Deanna Reiter &/or
Troy Stende*
10:30 AM - 12:00 PM

Everybody breathes. But even though it's a basic activity, it's an untapped resource for most people. When expanded, your breath can reduce your stress, increase your energy and improve your health. Qi Breathing is a modern day twist on ancient breathing practices and eastern principles.

 **Self-Care & Self-Compassion**

Thurs., Apr. 16

Lisa Venable
1:30 PM - 3:00 PM

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

 **Spiritual Handwriting**

Wed., Mar. 25, Apr. 29

Shannon Poppie
10:00 AM - 12:15 PM

Discover a spiritual handwriting practice that can transform your life by connecting you with your authentic Self. (TRANS: go beyond. FORM: physical form.) This sacred technology has NOTHING to do with handwriting analysis and was not created to improve penmanship - it was created to improve lives! This introductory session will give you more than enough information to begin your own writing practice if you choose.

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

Fri., Apr. 17

Sandra Breuer
1:00 PM - 2:00 PM

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

 **Kundalini Yoga and Meditation**

Sat., Apr. 4, 18

Jane Matteson
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.

MOVEMENT & GUIDED PRACTICE (CONT'D) **Laughter Yoga** *Jody Ross*

Thurs., Mar. 12, 19, 26, Apr. 9, 16, 23 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. 2, 9, 16, 23, 30, & 9:30 AM - 10:30 AM
Mon., Apr. 6, 13, 20, 27

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

 **Seated Yoga for Emotional Balance and Strength** *Joyce Gudding*

Wed., Mar. 4, 18, 25, Apr. 1, 8, 22, 29 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 & Practice Group** *Barb Palmer or Shirley O'Neill*

Mon., Apr. 20 1:00 PM - 3:00 PM

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

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

Mon., Mar. 2, 9, 16, 23, 30, Apr. 6, 13, 27 1:00 PM - 2:15 PM

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

 **Advanced Tai Chi** *Eddy Wilbers*

Mon., Mar. 2, 9, 16, 30, Apr. 6, 13, 20, 27 4:00 PM - 5:00 PM

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

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

Tues., Mar. 3, 10, 17, 31, Apr. 7, 14, 21, 28 4:00 PM - 5:00 PM

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

 **Intro to Tai Chi Chih** *Marlena Vernon*

Wed., Mar. 4 1:00 PM - 2:00 PM

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 Chih Practice Sessions** *Marlena Vernon*

Wed., Mar. 11, 18, 25, Apr. 1, 8, 15, 22, 29 1:00 PM - 2:00 PM

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

 **Seated Tai Chi** *Stephanie Siddiqui*

Tues., Mar. 3, 17, Apr. 7, 21 1:30 PM - 2:30 PM

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

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

Sat., Mar. 14 10:30 AM - 11:30 AM

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

MOVEMENT & GUIDED PRACTICE (CONT'D) **Yin Energy Yoga**

Mon., Mar. 16, Apr. 13

Linda Duncanson Miller

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**

Tues., Mar. 24, Apr. 21

Lin Butler

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.

 **Speaking of Death: Options and Conversation**

Fri., Mar. 13

*Anne Archbold &/or**Marilaurice Hemlock*

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Tues., Apr. 21

1:00 PM - 1:45 PM

2:00 PM - 2:45 PM

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

 **Writing Your Health Care Directive**

Tues., Mar. 17, Apr. 14, 28

Gay Moldow

10:00 AM - 12:00 PM

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

 **Asking for Help Successfully**

Tues., Apr. 21

Kate Jackson

4:00 PM - 5:30 PM

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

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

Thurs., Mar. 19

1:00 PM - 3:00 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.

MONTHLY DROP-IN GROUP **Caregivers:****Navigating Together***Erica Nelson*

Mon., Mar. 2, Apr. 13

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.

Mar. 2: Renewing YOU: Energy Healing Self-Care for Caregivers with Liz Flavin

Learn how to balance your physical, mental and emotional stressors of caregiving with a Chakra Balancing Guided Meditation. There will be time for journaling, reflection and sharing and the opportunity to receive Reiki healing.

Apr. 13: We're Not in Kansas Anymore: Navigating Personal Transition for Caregivers with Karen Norum

Ever feel like Dorothy, having been whisked away to a strange new land? Learn the difference between change and transition; identify the phases of transition; and create strategies for moving through personal transition.

SPECIAL SERIES OFFERING  **AWAKENINGS****Facilitators: Paula Sandberg & Colleen Beggan****Friday, April 3, 10, 17, 24 (4 session series)****10:00 AM - 12:00 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.

Pathways

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March & April 2020
Calendar of events, programs, and services

SPECIAL OFFERING

 ***The Sexual Self and Physical Illness***

Saturday, April 25, 2020 / 11:00 AM - 1:00 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.