

Pathways

A Healing Center

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Minneapolis, MN 55408

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www.pathwaysminneapolis.org

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

May & June 2020 Building Closures:

Thurs, May 7 - Administrative Focus Day

Sat, Sun, Mon, May 23, 24, 25 - Memorial Day Weekend

Sat, May 30 - Administrative Programming

Thurs, June 4 - Administrative Focus Day

Sat, June 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 OFFERING



GREAT Grief

Facilitated by Ted Bowman

Tuesday, May 12, 2020

6:30 PM - 8:30 PM



The old adage - if something is unmentionable, it can also be unmanageable - is common folk wisdom. Giving grief words, even metaphorical words, is often seen as integral to effective grieving processes.

In conversations of loss, it's becoming more and more common to hear that it's not personal loss that's keeping people awake at night but the state of the world that's even more distressing. Concerns and worries about world matters (saving the planet; barriers for those seeking safety; widening separations between the haves and have-nots; racism; etc.) can over-ride personal grief. Discovering words or phrases for these experiences, as well as directions about how to respond, can be useful in navigating this terrain.

In this interactive session, participants will be presented with words, historical sources, and literary accounts that address what one writer called the GREAT grief. Participants will be invited to add words and to explore responses when grieving the state of the world.

Ted Bowman is an educator, author and consultant who specializes in change and transition, whether it occurs in families, an organization, or the community. His emphasis is on aiding people in utilizing their strengths and the resources of others in facing change and transition. He is a frequent trainer, consultant, and speaker with many groups throughout Minnesota, across the United States, and other countries.

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) May requests must be made by April 25, 2020
 - 2) June requests must be made by May 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) May requests must be made by April 25, 2020
- 2) June requests must be made by May 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

Fri., May 8	2:30 PM - 3:30 PM
Tues., May 12	2:30 PM - 3:30 PM
Thurs., May 21.	4:00 PM - 5:00 PM
Fri., May 29	3:00 PM - 4:00 PM
Fri., June 5	11:00 AM - 12:00 PM
Tues., June 9	1:30 PM - 2:30 PM
Thurs., June 18	2:00 PM - 3:00 PM
Mon., June 22	11:30 AM - 12:30 PM
Tues., June 30	1:00 PM - 2:00 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 class schedule and to register.

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

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

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

Must Attend All Sessions. Registration not available online.

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

 **Transitions: Taking Pathways’ Renewing Life™ to a Deeper Level**

Facilitated by Alex Acker-Halbur & Paula Sandberg

Fri., May 29, 2020 - 10:00 AM - 12:30 PM

The Benefits of Self-Compassion

Research continues to uncover incredible social, psychological, and physical health benefits of self-compassion. Come to this Transitions Program to find out how you can bring more self-compassion into your life.

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

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

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 Mind

Kate Wolfe-Jenson
Thurs., May 21 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.



Creative Journaling: Befriending Your Journey

Kate Wolfe-Jenson
Thurs., June 18 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.



Synchronicity: Collage & Possibilities

Janet Higgins
Thurs., May 28, June 25 10:00 AM - 12:00 PM

Studio time for collaging and an invitation to bring your own focus or intention. Use the collage process to: explore a question or thought you have, express a feeling or emotion, or vision what may be arising for you. No art experience needed. All materials provided.



Writing for Healing

Wendy Brown-Baez
Thurs., May 14, 28, June 11, 25 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

1:00 PM - 2:00 PM
Mon., May 4, 11, 18, June 1 2:00 PM - 3:00 PM
Mon., June 8, 15, 22, 29 3:00 PM - 4:00 PM

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.



Massage

Fri., May 8, 15, 22, 29, & 9:45 AM - 11:00 AM
Fri, June 5, 12, 19, 26 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

Connie Saunders
Wed., May 6, 13, 20 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

JanMarie Roehl
Mon., May 11, June 1 9:30 AM - 10:30 AM
10:45 AM - 11:45 AM

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



Shiatsu Massage

Mary LeSourd
Mon., May 11, June 8 10:00 AM - 11:15 AM
11:30 AM - 12:45 PM

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



BODYWORK (CONT'D)



Therapeutic Massage

Thurs., May 14, June 18 *Mollie Newhouse*
 10:00 AM - 11:00 AM
 11:15 AM - 12:15 PM

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

ENERGY HEALING



Align Your Beliefs



Mon., May 11, June 8 *Linda Duncanson*
 9:30 AM - 10:30 AM

A limiting belief is something negative that you believe to be true - things like I'm not good enough or mistakes and failures are bad. Once we identify those beliefs we will work to eliminate them so you are feeling more joy, enthusiasm, and passion in your life.



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., May 12, 26, June 16, 30
 1:00 PM - 2:00 PM
 2:30 PM - 3:30 PM

Bio-Energy Healing *Ann Agrimson*
 Wed., May 20, June 17
 1:00 PM - 2:00 PM
 2:30 PM - 3:30 PM



BodyTalk

Tues., May 12 *Karen Norum*
 4:00 PM - 4:30 PM / 4:45 PM - 5:15 PM
 5:30 PM - 6:00 PM / 6:15 PM - 6:45 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

Tues., May 5, June 2 *Wendy Kardia*
 3:00 PM - 4:00 PM
 4:00 PM - 5:00 PM

Receive a light, relaxing energy healing that is intuitively designed for your energy system. This session will assist in renewing and reassuring you of your own unique gifts.



Energy Healing

Tues., June 23 & Wed., June 24 *Diane Hendrickson*
 12:30 PM - 1:15 PM
 1:30 PM - 2:15 PM

Immerse yourself in a hands on and lovingly applied "peace of mind" and "restoration of spirit" experience. Choose from a menu of Healing Touch, Qi-ssage, or Gentle Hand and Foot Massage. You may choose to focus on just one or combine any and all of these modalities into your session.



Energy Healing With Intention

Wed., May 6, 13, 20, 27, & *Dennis Searle*
 Wed., June 3, 10, 17, 24
 1:00 PM - 2:00 PM
 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.



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., May 6, June 3
 12:00 PM - 12:45 PM
 1:00 PM - 1:45 PM

Thurs., May 21, 28, June 11, 18, 25
 12:00 PM - 12:45 PM
 1:00 PM - 1:45 PM

Healing Touch *Mary Johnson*
 Thurs., May 14, June 11
 1:00 PM - 1:45 PM
 2:00 PM - 2:45 PM

Thurs., May 21, June 18
 2:00 PM - 2:45 PM
 3:00 PM - 3:45 PM

Healing Touch *Niels Billund*
 Wed., May 13, 27, June 10, 24
 5:30 PM - 6:30 PM

Healing Touch *Pamela Searles*
 Thurs., May 14, 28, June 11, 25
 10:00 AM - 11:00 AM
 11:15 AM - 12:15 PM



Healing Touch & Reiki

Wed., May 6, 20, June 3, 17 *Liz Flavin*
 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., May 14, 21, June 11, 18

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

Mon., May 4, June 1

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

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., May 9, June 20

Aurea Gerard

10:30 AM - 11:00 AM

11:15 AM - 11:45 AM

12:00 PM - 12:30 PM

Reiki

Wed., May 6, 20, June 3, 17

Bess Brown

11:00 AM - 11:45 AM

12:00 PM - 12:45 PM

Reiki

Tues., May 12, June 2

Cindy VanDrasek-Pai

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Reiki

Tues., May 19, June 16

Colleen Beggan

11:00 AM - 11:45 AM

Reiki

Wed., June 17

Mariola Minta

10:00 AM - 11:15 AM

Reiki

Thurs., May 14, 28, June 11

Naum Tsypis

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

Soul & Energy Based Healing

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

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

Tim Hanson

10:00 AM - 11:00 AM

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., May 11, June 1, 22

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**Energy Balancing**

Thurs., May 21, 28

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 (SFQ)**Healing/Qi~ssage**

Fri., May 8, 22, June 12, 26

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.

Spring Forest Qigong**Healing Circle**

Fri., May 8, 22, June 12, 26

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**Cancer Doula Support**

Mon., May 11, June 8

*Talaya Dendy*

6:00 PM - 6:45 PM

7:00 PM - 7:45 PM

Focus on what matters to you! Your doula will meet you where you are and help you get to where you want to be by providing emotional support and tools to create peace of mind and a better quality of life.



HEALTH, WELLNESS, & NUTRITION (CONT'D) **Life Coaching***Carla Beach*

Wed., May 6, 13, 20 (3 session series) 9:30 AM - 10:30 AM

Wed., June 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. 📄

 **Natural Foods***Marcy Lundquist*

Fri., May 15, June 19 3:30 PM - 4:30 PM

Can food heal? Learn the positive effects of natural foods on body and mind. Explore dietary traditions based on individual needs. Consider the role of our microbiome in keeping human systems healthy.

MEDITATION, IMAGERY & INNER PRACTICE **Forgiveness Guided Imagery***James Wittenberg*

Wed., May 13, 20, 27, &

Wed., June 3, 10, 17, 24

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., May 12, 26, June 9, 23

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.

 **Crystal Singing Bowl Sound Bath***Karen Norum*

Tues., June 16

6:30 PM - 7:15 PM

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., May 14

9:30 AM - 11:30 AM

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

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

Tues., May 19, June 9

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., May 4, 18, June 1, 15, 29

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 monthly session will address more advanced practice. **Drop-in group.** ↓

 **Meditation for Wellness***Andre Heuer*

Thurs., June 11

9:30 AM - 11:30 AM

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

 **Mindful Body Scan***Laura Thorpe*

Fri., May 8, 15, 22, & Wed. May 27

10:30 AM - 11:15 AM

This full body relaxation moves us out of our "automatic pilot" mindset and into a relaxed awareness. Paying attention to different parts of the body helps focus our awareness in the moment. By becoming aware of our thoughts, feelings and sensations we realize we do not need to stay stuck in old patterns and can give ourselves the possibility of greater freedom and choice.

 **Mindfulness-Based Stress Reduction (MBSR) Practice Session***Cass McLaughlin*

Sat., May 16, June 20

12:00 PM - 1:30 PM

No need to have previously attended MBSR but it is useful to start, continue, &/or deepen your mindfulness practice with this formal practice session. Participants may also want to follow www.PalouseMindfulness.com a self-directed MBSR program for practice in between these monthly groups.

Drop-in group. ↓

MEDITATION, IMAGERY & INNER PRACTICE (CONT'D) **Qigong Meditations** *Laura Thorpe*

Fri., May 8, 15, 22, & Wed. May 27 11:15 AM - 12:00 PM

Allow guided visualizations to heal using a focused meditation series developed by renowned Qigong master Ken Cohen -

1) A mind/brain cleansing meditation with an additional five colored light meditation for healing the five major internal organs, 2) An inner tranquility meditation with embryonic breathing, recovering inner clarity and vision, 3) A Daoist spirit meditation to expand spiritual awareness.

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

Sat., May 16, June 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*

Mon., May 4, June 1 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*

Thurs., May 14, 21, 28 11:00 AM - 12:00 PM

This session offers a presence and a listening ear. You may receive feedback to what you are experiencing and discovering. You may choose to prepare for the session by coming with a focused intention.

 **Heal the Hurt** *Valerie Lis*

Mon., June 22 11:00 AM - 12:00 PM / 12:30 PM - 1:30 PM

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

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

 **Health Coaching** *Claire Stuckey*

Wed., May 6, 13, 20 (3 session series) 5:00 PM - 6:00 PM

Wed., June 3, 10, 17 (3 session series) 6:15 PM - 7:15 PM

Health coaching is a confidential process to facilitate and empower the achievement of self-determined goals related to health and wellness. Health coaches apply clearly defined knowledge and skills so that participants mobilize internal strengths and external resources for sustainable change.  **Integrative Health and Well-Being Coaching** *Mary Dobish*

Thurs., May 14, 21, 28 (3 session series) 1:00 PM - 2:00 PM

Thurs., June 11, 18, 25 (3 session series) 2:15 PM - 3:15 PM

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** *Valerie Ohanian*

Tues., May 12, 19, June 9, 16 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., May 6, June 17 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., May 6, 20, June 3, 17 3:00 PM - 4:00 PM

4:00 PM - 5:00 PM

Offers stabilizing tools for those dealing with the emotional and spiritual impact of illness and its effect on relationships. Focus will be on the three wisdom tools -- listening, tonglen practice and reflection. Develop a plan for yourself.

 **Anger: Get User Friendly** *Spruce Krause*

Fri., May 1 10:00 AM - 12:00 PM

Explore what is beneath your anger: why you fear or suppress anger. Receive tools to get more comfortable with all of your emotions and how to feel and release anger in life supporting and productive ways.

 **Book Club: Illusions: Adventures of a Reluctant Messiah** *Christine Smith Sanchez Peterson*

Wed., May 6, 13, 20, 27, & 11:00 AM - 12:30 PM

Wed., June 3, 10, 17, 24

Illusions was originally published in 1977 after author Richard Bach published *Jonathon Livingston Seagull*. *Illusions* is meant to be a lighthearted mystical adventure story about two barn-storming vagabonds who meet in the fields of Midwest America because each is doing what he really wants to do. *Illusions* is a companion story to *Jonathon*, continuing with the question of *what if?* and answered by a real Messiah who quit. **(8-session series. You are asked to make a commitment to all sessions).** 

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

Carol Anderson
Tues., May 26, June 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
Sat., May 9 1:00 PM - 2:00 PM
Thurs., June 18 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**

Valerie Lis
Mon., June 22 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**

Lisa Venable
Tues., June 2 3:00 PM - 4:30 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**

Mariola Minta
Wed., May 20 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.

 **Spiritual Handwriting**

Shannon Poppie
Wed., May 13, June 10 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 **Gentle Yoga and Breath Work**

 *Kay Middlebrook*
Fri., May 1, 15, 29, June 5, 19 1:00 PM - 2:00 PM
Yoga is an intentional way to explore the language of the body, sensations, energy and breath. The word yoga means union/connection. As we focus our attention on our breath and movement, we naturally refocus on the strong connection between body, mind and spirit. Through gentle postures (asanas) and breath work (pranayama), we will be curious, listen to our bodies and quiet our minds.

 **Kundalini Yoga and Meditation**

Jane Matteson
Sat., May 2, 16, June 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., May 14, 21, 28, June 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., May 4, 11, 18, & 9:30 AM - 10:30 AM
Mon., June 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.** ↓

MOVEMENT & GUIDED PRACTICE (CONT'D) **Meditative Movements** *Ellie Peterson*

Tues., May 12 1:00 PM - 2:00 PM

Fri., June 12, 26 11:00 AM - 12:00 PM

You can relax and be calmer by practicing Meditative Movements. This technique integrates physical movements with the breath and spoken core value affirmations. You can adapt the movements to your ability.

 **Nurturing Yoga -- Seated** *Marcy Lundquist*

Fri., May 15, June 19 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 Strength** *Joyce Gudding*

Wed., May 6, 13, 20, June 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 & Practice Group** *Barb Palmer or Shirley O'Neill*

Mon., June 15 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., May 4, 11, 18, June 1, 8, 22, 29 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., May 4, 11, 18, June 8, 15, 22, 29 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., May 5, 12, 19, 26, June 9, 16, 23, 30 4:00 PM - 5:00 PM

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

 **Seated Tai Chi** *Stephanie Siddiqui*

Tues., May 5, 19, June 2 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.** ↓

 **Tai Chi Chih Practice Sessions** *Marlena Vernon*

Wed., May 6, 13, 20, June 10, 17, 24 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.

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

Sat., May 9 10:30 AM - 11:30 AM

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

 **Yin Energy Yoga** *Linda Duncanson*

Mon., May 11, June 8 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., May 19, June 16 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.



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

 **Speaking of Death: Options and Conversation** *Anne Archbold &/or Marilaurice Hemlock*
 Fri., May 8 10:00 AM - 10:45 AM
 11:00 AM - 11:45 AM

Thurs., June 11 2:00 PM - 2:45 PM
 3:00 PM - 3:45 PM

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

 **Writing Your Health Care Directive** *Gay Moldow*
 Tues., May 12, 26, June 9, 23 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** *Kate Jackson*
 Wed., June 17 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., May 21 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.

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.

MONTHLY DROP-IN GROUP

 **Caregivers: Navigating Together** *Erica Nelson*
 Mon., May 11, June 8 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.

May 11
Considering Grief and Loss in Care-giving with Karen Greer
 The role of the care-giver is one of generosity and yet it contains losses. Losses involve grieving. So what is grieving all about?

June 8
Replenishing the Caregiving Spirit through Guided Imagery with Mary Ellen Kinney
 Through this natural restorative technique you will be able to free your mind of busy thoughts and use images or remembering to connect with your inner resources. You'll have the opportunity to shift into deep relaxation, release, and insight.

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A Healing Center

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Healing Within.
Renewing Life.

May & June 2020
Calendar of events, programs, and services

SPECIAL OFFERING



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

Facilitated by Valerie Ohanian

Friday, May 29, 2020 - 6:00 PM - 8:00 PM &

Saturday, May 30, 2020 - 10:00 AM - 4:00 PM



In this two-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.