

Pathways

A Healing Center

Calendar of Services: In-Person & Virtual Programming

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Tim Thorpe, Executive Director

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SPECIAL OFFERING

Moon Medicine: Healing Through the Power of Nature (Virtual)

**Michele Anderson, DNP,
PMHNP, E-RYT**

Tuesday, May 17, 2022

6:30 PM - 8:00 PM



In-Person Programming

Pathways is re-introducing select one-on-one in-person sessions to our offerings (see page 4 for a listing). Our building will be open to scheduled appointments only. Drop-in visits are not permitted at this time. For the health of our community, those entering the building agree to follow specific safety precautions.

For more information on our guidelines and requirements, please visit our website:

<https://pathwaysminneapolis.org/home/features/in-person-guidelines/>

Virtual Programming

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

Our closest ally in the Universe is the Moon. We can see the Moon. Humans have walked on the Moon. We all have memories of the Moon - both collective and individual. In Astrology, the Moon represents our matrix of being and feeling emotions. It embodies our connection to other living beings, as all beings have a relationship with the Moon and its cycles. When we live in rhythm with nature, we live in cadence with the ever-changing light of the Moon. In popular culture, we associate the Full Moon with everything from babies born to psychological breakdown. Many female cycles will align with the Moon, demonstrating how deeply connected we are.

In this workshop, we will learn about the astrological principles of the Moon as it moves through the twelve zodiac signs, simultaneously traveling through its own light and dark phases. We will discuss how to synchronize ourselves and our lives with the power of the Moon's phases and maximize our potency as human beings.

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

Visit: <https://tinyurl.com/mm051722> to sign up today!

Michele Anderson, DNP, PMHNP, E-RYT (she/her) is passionate about learning and understanding the world through many perspectives. She works in the western medical field and has been teaching and practicing yoga and astrology for more than 10 years. In her clinical practice, Michele works with clients on their mental, emotional and spiritual health concerns, weaving in the wisdom of astrology to personalize the plan to restore balance.

GETTING STARTED

- New participants are required to attend the **New Participant Orientation**. This is an essential step before registering for sessions at Pathways. See below for information & available orientation session dates and times.
- Determine your category (see descriptions below).
- Following orientation, visit our web site: www.pathwaysminneapolis.org and click on the box: *Becoming a Participant* for detailed information on how to register online.
- All computer registration requests must be submitted by the 25th of each month to be included in the monthly random assignment process.

NEW PARTICIPANT ORIENTATION

This is an online orientation and welcoming for new Pathways participants. In this virtual session, our orientation facilitator will discuss the various services offered and the process for requesting these services. Our organization overview video will be shown and attendees will have the opportunity to ask specific questions at the end of the session.

1. New participants are required to attend an orientation session. It is an essential step before attending other sessions at Pathways.
2. These virtual orientation sessions are conducted over the Zoom online platform. Participants will need the Zoom app installed on their devices prior to the orientation. Visit www.zoom.us for more information about the app.
3. To register, please visit our website: www.pathwaysminneapolis.org/pathways-orientation
4. To cancel or reschedule an orientation session, please contact us at scheduling@pathwaysmpls.org.

Upcoming virtual orientation sessions:

- [Tuesday, May 3, 2022 - 1:00 PM - 2:00 PM](#)
- [Thursday, May 19, 2022 - 4:00 PM - 5:00 PM](#)
- [Monday, June 6, 2022 - 12:00 PM - 1:00 PM](#)
- [Thursday, June 23, 2022 - 2:00 PM - 3:00 PM](#)

PARTICIPANT CATEGORIES

Category 1

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

Category 2

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

Category 3

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

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

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

SCHEDULING PROCESS

Participants request sessions every month for the following month's programming.

- Participants who submit their session requests by the 25th of each month will be a part of our monthly random assignment process. Higher assignment priority is given to participants with a higher health need.
- If assigned to sessions during the randomization process, a participant will receive an automated e-mail instructing them to log into their account and review their *View My Scheduled Sessions* page. This page lists all sessions to which a participant was randomly assigned. Sessions that a participant requested, but were not assigned to, will appear on the *View My Waitlisted Sessions* page.
- Participants are required to confirm or cancel their attendance for each of their assigned sessions. Sessions may only be confirmed within the 5 days prior to a session's scheduled time. However, participants may cancel their session attendance at any time during the month.
- Not all group sessions fill to capacity. Requests made following a monthly randomization automatically add a participant's name to a session waitlist. Waitlists are used to fill open spots and last minute cancellations.
- Visit www.pathwaysminneapolis.org/home/features/virtual-how-to for additional virtual programming information and Zoom resources.

PARTICIPANT-FOCUSED CARE

We strive to provide holistic resources through hospitality, a healing environment, and administrative & programming excellence. How are we doing? We invite you to complete an online evaluation form: www.surveymonkey.com/r/PathwaysSessionEvaluation or email us directly at scheduling@pathwaysmpls.org.

Statement of Purpose:

Pathways provides programs designed to support a creative healing response to illness.

Pathways' Services are Free.

Financial donations and/or volunteer contributions of your time are greatly appreciated and considered an essential part of one's healing journey.

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

Session Symbol Key & Definitions

- One-to-one session: 
- Group class session: 
- Series: 
(please attend all sessions)

PATHWAYS SCENT-FREE POLICY

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

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

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

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

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

IN-PERSON ONE-TO-ONE (1-1) SESSIONS

(Listed alphabetically by session title)

Individual Acupuncture (In-Person)

Mon., May 2, 9, 16, 23 (4 Session Series) 1:00 PM - 2:00 PM
 Mon., June 6, 13, 20, 27 (4 Session Series) 2:00 PM - 3:00 PM
 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 & Chinese Medicine at Northwestern Health Sciences University.

Massage (In-Person)

Fri., May 6, 13, June 3, 10, 17, 24 9:45 AM - 11:00 AM
 11:30 AM - 12:45 PM
 1:45 PM - 3:00 PM

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

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

IN-PERSON GROUP SESSIONS

(Listed alphabetically by session title)

Forest Bathing (In-Person) David Motzenbecker

Thurs., June 9 10:00 AM - 12:00 PM
 You will be guided on an immersive, meditative, and therapeutic forest walk based on the Japanese practice of Shinrin Yoku. Slow down and connect your senses to the healing, stress-reducing beauty of a little-known corner of Minneapolis' green forested spaces.

Please note: this session will be held in-person at [Wood Lake Nature Center in Richfield, MN](#). Participants responsible for own transportation to/from site.

VIRTUAL ONE-TO-ONE (1-1) SESSIONS

(Listed alphabetically by session title)

Bio-Energy Healing (Virtual)

Ann Agrimson
 Wed., May 18 1:00 PM - 2:00 PM
 2:30 PM - 3:30 PM

This distance healing session begins with a check-in between provider and participant. Following the check-in, each person disconnects and the participant finds a comfortable place to relax during the distance healing. The provider works within the participant's energy field as if they were physically in front of her. When the hour is up, the provider remotely closes the session and the participant gently eases back into their day.

Body Scan (Virtual)

JanMarie Roehl
 Mon., May 2 9:30 AM - 10:30 AM
 Wed., June 1 9:30 AM - 10:30 AM

Body Scan offers a way to connect the awareness of your physical Being's outside-in experience with your mind's inside-out perspective. Throughout the session you will be supported in following your body's language as areas of holding, blocked or hyper sensation are discovered and interpreted- by you. Guided tracking encourages integrated balance and grounding in your present time experience.

Compassionate Listening (Virtual)

Sue Salmela
 Mon., May 16, 23 10:00 AM - 11:00 AM
 11:30 AM - 12:30 PM

This session offers a presence and a listening ear. Feel free to prepare for the session by coming with a focused intention and know you may receive feedback to what you are experiencing and discovering. This process can help you discover tools to navigate the difficulties you are experiencing.

Completing Your Health Care Directive (Virtual)

Gay Moldow
 Tues., May 3, 17, June 7, 21 1:00 PM - 2:30 PM

Everyone should talk with a trusted person about their health care wishes. In MN, a completed health care directive can appoint an agent to speak for you if/when you cannot express your choices about your current and future health care treatment. The Honoring Choices form will be discussed and completed identifying your wishes and choice of agent.

Distance Reiki (Virtual)

Cindy VanDrasek-Pai
 Mon., May 2, 16, June 6, 20 9:30 AM - 10:00 AM
 Tues., May 3, 17, June 7, 21

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

VIRTUAL ONE-TO-ONE (1-1) SESSIONS (CONT'D)**Energy Healing (Virtual)**

Wed., May 18

Lynn Mader

10:00 AM - 11:00 AM

11:30 AM - 12:30 PM

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

Guided Imagery (Virtual)

Tues., May 10, 24, June 7, 21

Mary Ellen Kinney

9:30 AM - 10:45 AM

11:15 AM - 12:30 PM

During guided imagery we work together in a simple natural way to use the power of your mind/imagination in a positive way. If you have ever worried or planned anything, you know how to use your imagination. With guided imagery, we can simply tap into your inner resources to reduce anxiety or address feelings of fear, pain, anger or whatever you identify as an obstacle to being more peaceful. There is no wrong way to do it because it comes from your own inner wisdom.

Healing Touch & Reiki (Virtual)

Wed., May 4, June 1

Liz Flavin

3:00 PM - 4:00 PM

4:15 PM - 5:15 PM

The movement of energy is not restricted by time and space, which allows distance healing to be effective when provider and participant are not in the same location. This virtual session will begin with a brief check-in conversation via Zoom to discuss your health concerns and goals. Then, you will relax in your home while the practitioner focuses on sending love and light to you, restoring balance to mind, body and spirit.

Healing Touch (Virtual)

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

Jim Taylor

12:00 PM - 12:45 PM

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

1:00 PM - 1:45 PM

We will begin this online session by discussing your healing request or intention. We will then disconnect and you will find a place to relax during the session. I will work within your aura/energy field to clear, balance, and energize your whole person - mind, body and spirit. At the end of the healing you may choose to reconnect to discuss the session.

Healing Touch (Virtual)

Tues., May 10, 24, June 7, 28

Mary Johnson

12:00 PM - 12:45 PM

1:00 PM - 1:45 PM

This session will begin with an assessment of your situation and your healing process. You will then choose a comfortable place (couch, bed, or chair) where we can explore and experience guided imagery, deep breathing, and other practices that encourage relaxation and openness to your natural healing ability. The session will end with a gentle return to alertness and a sharing of perceptions.

Healing Touch (Virtual)

Wed., May 4, 11, 18, 25, June 8, 22

Niels Billund

5:30 PM - 6:30 PM

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

Health Coaching (Virtual)

Mon., May 2, 9, 16

Claire Stuckey

3:00 PM - 4:00 PM

Mon., June 6, 13, 20

4:30 PM - 5:30 PM

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.  **3 session series**

Horse Wisdom for Your Healing Journey (Virtual)

Tues., May 3, 17, June 7, 21

Lynn Baskfield

11:00 AM - 12:00 PM

Tap into the wisdom of the horses in this equine guided coaching session. Bring what you would like to reflect upon out to the paddock with Blue Angel, Dancer and Tonka where, in real time on Zoom, they will energetically attune to your heart and guide Lynn's facilitation.

Life Coaching (Virtual)

Wed., May 4, 11, 18

Carla Beach

9:30 AM - 10:30 AM

10:30 AM - 11:30 AM

Life coaching begins with the recognition that you stand in the space of being a creative, resourceful and whole person. You have within you the answers to the issues in your life. Your coach will be your witness and guide for new awareness, supporting you in making resonant choices that move you toward finding balance and fulfillment.  **3 session series**

Reiki (Virtual)

Fri., May 6, June 3

Aurea Gerard

1:00 PM - 1:30 PM

1:45 PM - 2:15 PM

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

Shamanic Healing Sessions (Virtual)

Wed., May 18, June 15, 22

Valerie Ohanian

10:00 AM - 11:00 AM

Shamanic methods can foster healing as well as help restore vitality, grounding and passion for life. We will begin with a check-in and then the session will take place with you relaxing in a comfortable position with the virtual connection kept open. Once the healing is complete we will come back together and share.

VIRTUAL ONE-TO-ONE (1-1) SESSIONS (CONT'D)

 **Speaking of Death: Options and Conversation (Virtual)**
 Fri., May 13 *Anne Archbold or Marilaurice Hemlock*
 10:00 AM - 10:45 AM
 11:00 AM - 11:45 AM
 Tues., June 14 12:00 PM - 12:45 PM
 1:00 PM - 1:45 PM

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

 **Too Much Togetherness (Virtual)**
 Mon., May 9, 23, June 6, 20 *Barbara McCleary*
 11:00 AM - 11:45 AM
 12:00 PM - 12:45 PM

This session focuses on both listening and offering reasonable strategies to help relieve the significant stress related to day-to-day life during this time of the Coronavirus, which is still very much with us in spite of the availability of vaccines for many segments of our population. We will discuss keeping things simple by setting reasonable expectations; how to disagree without being disagreeable and how to cope. You will learn some new tools and hopefully leave feeling less overwhelmed.

 **Voice Healing (Virtual)**
 Wed., May 18, & *Myo-O Marilyn Habermas-Scher*
 Thurs., June 23 9:30 AM - 10:15 AM
 10:30 AM - 11:15 AM

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

VIRTUAL GROUP SESSIONS

(Listed alphabetically by session title)

 **Adventure with Inspiration and Gratitude (Virtual)**
 Wed., May 11, 25, June 8, 22 *Stephanie Siddiqui*
 9:30 AM - 10:30 AM
 Let us gather in a virtual circle for an interactive inspiration and gratitude experience. Please join us for a grounding meditation, centering movement, positive music, pretty art, and inspiring words. We'll follow with a grateful discussion centered around a theme for deeper, heartfelt reflection. Taking notes on what you experience is encouraged.

 **Asking For Help Successfully (Virtual)**

Kate Jackson
 Wed., June 22 4:00 PM - 6:00 PM
 Asking for help can be hard. This workshop offers a framework and exercises to help you explore ways in which you can consider asking for help differently in order to set both yourself - and who you are asking - up for success. Participants will need to have paper and pen available.

 **Book Club: Ancient Hawaiian Secrets for Modern Living by Serge Kahili King (Virtual)**

Christine Smith Sanchez Peterson
 Wed., May 4, 11, 18, 25, & 11:00 AM - 12:30 PM
 Wed., June 1, 8, 15, 22
 Blending ancient Hawaiian wisdom with modern practicality, Serge Kahili King imparts the philosophy behind the beliefs, history, and foundation of Huna. King shows readers how to use Huna philosophy to attain both material and spiritual goals. To those who practice Huna, there is a deep understanding about the true nature of life and the real meaning of personal power, intention, and belief. Please plan to attend all sessions. 📅 **8 session series.**

 **Chair Yoga Therapy (Virtual)**

Julie Shannon Williams
 Mon., May 9, 23, June 13, 27 11:00 AM - 12:00 PM
 This therapeutic, adaptive class promotes well-being through correct posture, breath and guided movements. It gently lengthens, stretches, and opens the body while bringing awareness as well. In this class, we will relax and rejuvenate our bodies and minds while improving flexibility and mobility. No previous yoga experience necessary. Please use a stationary chair without wheels for this class, and dress in comfortable, layered clothing.

 **Chronic Pain from a Holistic Physical Therapy Perspective (Virtual)**

Jose Alba Hernandez
 Tues., May 10, June 14 9:30 AM - 10:30 AM
 A variety of factors (physical, emotional, social) influencing the chronic pain experience will be presented and discussed, including answering related questions from participants. This session has a physical therapy focus, however, a holistic view is encouraged to better address pain.

 **Community Shamanic Circle (Virtual)**

Lin Butler &/or Valerie Ohanian
 Sat., May 21, June 18 7:00 PM - 9:00 PM
 Come explore the shamanic path. This circle is a place to share our challenges and receive and offer energetic healing, as well as to connect to the invisible world of helping spirit energy. Please have a drum and / or rattle nearby - even a vitamin bottle can be a rattle and two sticks can serve as a drum. We will create a powerful circle together that will support our own healing and the healing of others. Please log on a few minutes early.

VIRTUAL GROUP SESSIONS (CONT'D)



Courageous Writers Group (Virtual)

Tues., May 3, June 7

Jeanne Bain

1:00 PM - 2:30 PM

Your personal healing journey has many colorful and interesting layers, some joyful, some painful, all very rich. We can infuse our words with humor and delight and at other times we can dig deep into our pain and discomfort. All types of stories are welcome here, as are writers at any level of experience.

Kate



Creative Journaling (Virtual)

Fri., May 13, 27, June 10, 24

Wolfe-Jenson

10:00 AM - 12:00 PM

Use creative journaling techniques to explore the challenges and gifts of living with illness. We will spend our time with journaling prompts, writing, sharing what we have discovered, and simple guided meditations. Topics will be suggested by participants of this group. Newcomers always welcome. Bring your journal and something with which to write.



Creative Journaling: Befriending Your Body (Virtual)

Thurs., June 23

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. You may also want to have colored pencils or markers and a small morsel of food (a raisin or other piece of fruit) available.



Creative Journaling: Cultivating Resilience in Challenging Times (Virtual)

Thurs., May 26

Kate

Wolfe-Jenson

10:00 AM - 12:00 PM

Are you sometimes beset by fears, anxiety and other negative? How can you maintain your mental health during this time of pandemic? Using simple creative journaling and meditation techniques, we'll explore and practice the skills that lead to well-being and help us calm ourselves and live with joy. Please bring your journal or a notebook. You may also want to have colored pencils or markers available.



EFT (Emotional Freedom Technique): Tapping For Good Living (Virtual)

Tues., May 3, 10, 17, 24, 31, June 7

Christine Smith

Sanchez Peterson

11:00 AM - 12:30 PM

EFT (Tapping) involves making a set up statement while tapping different points along meridian paths. EFT's primary principle is that the cause of all negative emotions is a disruption in the body's energy system. By tapping on locations where a number of the meridians flow, we are able to release negative emotions, beliefs and memories which cause blockages.

📅 6 session series.



Exploring Isolation & Connection (Virtual)

Mon., May 23, June 20

Barbara McCleary

2:00 PM - 3:30 PM

Why are our relationships so vital to our emotional and physical well-being? Is there a difference between isolation, solitude & loneliness? If I am alone, does it mean I am lonely? How come I feel so alone when I am in this crowded house with my whole family? Are technology and social media bad for me? What is meant by quality interactions? How can I build new connections? In this group, we will explore these questions and more.



Gentle Yoga (Virtual)

Wed., May 4, 11, 18, 25, &

Ramaa Bhasin

9:30 AM - 10:45 AM

Wed., June 1, 8, 15, 22

Explore a soft flowing yoga practice linking breath, body and movement. Learn to nurture your mind and body as you hold poses, allow yourself to be still, and let go. Deep breath work as well as poses with modifications will be built in to create both energy and relaxation. Each week we will uncover a new theme and relate it to the practice. Please have any yoga props available like blocks, a cotton blanket, or if not a towel.



Grieving Our Losses (Virtual)

Thurs., May 26, June 30

Karen Greer

1:00 PM - 2:30 PM

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



Group Gyrokinesis (Virtual)

Wed., May 4

Susan Gaines

1:30 PM - 2:30 PM

Wed., June 8

9:30 AM - 10:30 AM

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



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

Fri., May 13

Mollie Newhouse

10:00 AM - 10:45 AM

Participants will be guided through a series of self-massage practices to address tension in the face, scalp, and neck. Some guided breath work will also be utilized. Participants may lay down or be seated during this session. Those with dry skin may want to have lotion or oil available.

VIRTUAL GROUP SESSIONS (CONT'D) **Healthy and Simple Meals (Virtual)**

Wed., June 22

Mariola Minta

3:00 PM - 4:30 PM

In this online cooking presentation, you will learn how to prepare simple and tasty meals for yourself and others. Most of the recipes will be based on a plant-based diet. Gluten-free and low carb alternatives will be mentioned as needed.

 **Integrate Meditative Movements Into Your Daily Routine (Virtual)**

Tues., May 10, 24, June 7, 21

Ellie Peterson

9:30 AM - 10:00 AM

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

 **Intermediate Tai Chi Chih Practice Group (Virtual)**

Fri., May 6, 13, 20, 27

Marlena Vernon

9:30 AM - 10:30 AM

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

 **Inter-Play (Virtual)**

Thurs., May 26

Spruce Krause

10:30 AM - 12:00 PM

Get your body moving in a gentle and playful way. For this class, you may either sit or stand or a bit of both. You may also choose to take some time to just witness, watch what others are doing, and have that experience in your body/spirit. Discover how your body likes to move. We will add some sounds, words, and laughter for a wonderful playful "soup." This practice is simple, fun, and you may continue to play what you learn on your own.

 **Introduction to Shamanic Journeying (Virtual)**

Wed., May 25

Valerie Ohanian

10:00 AM - 11:30 AM

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. If you have a drum or rattle, please have it available. Putting dried beans, pebbles or large, hard seeds into an empty jar works well as a rattle!

 **Planting What We Hope For (Virtual)**

Tues., June 7

*Maia Twedt & Anne Supplee*

10:00 AM - 11:00 AM

Through a practice of setting an intention, participants will explore a way of discerning what is most important for them, and how to create a well of hopefulness toward a specific end. We will use guided movement and journaling to explore how different practices illuminate a person's deep hope. Participants will be invited into these practices, and also guided into conversation about the experience.

 **Reconnecting to Life After Cancer: Build and Use Personal Strengths (Virtual)**

Wed., May 11

Kathy Washburn

11:00 AM - 12:30 PM

In this course you will be invited to discover your personal strengths and experience exercises to apply how to use them in new ways to increase happiness and self-empowerment. So often our focus is on improving our weakness. In this course you will learn why it is equally, if not more powerful, to focus on the personal character traits that come naturally to help us through our life experiences.

 **Reconnecting to Life After Cancer: Cultivating Gratitude and Appreciation of Life (Virtual)**

Wed., June 8

Kathy Washburn

11:00 AM - 12:30 PM

In this course you will learn how to incorporate gratitude and appreciation into your life. Different practices will be introduced so you can find the one that resonates with you. You will also discover the latest research on the many benefits of cultivating gratitude.

 **Spiritual Handwriting with the Vimala Alphabet (Virtual)**

Fri., June 10

Shannon Poppie

10:00 AM - 12:15 PM

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

 **Spiritual Self Talk (Virtual)**

Wed., May 18

Lisa Venable

11:00 AM - 12:15 PM

Create a deeper knowing of the spirit's voice of love and be able to override the negative inner critic and/or stressful voice of the "ego." You can stop old belief systems by growing the voice in your heart, cultivating new feelings of worthiness, trust and self-acceptance. The spirit speaks from love and possibility and offers a whole new experience of life. Learn to be free from fear and negativity and better handle any challenge that life throws your way.

VIRTUAL GROUP SESSIONS (CONT'D)

Spring Forest Qigong Healing Circle (Virtual)

Gadu Doushin
Sat., May 7, June 11 11:00 AM - 12:00 PM
In Spring Forest Qigong Group Healing Circle, the participants will learn simple Qigong movements and be guided in Qigong healing meditation. Please wear comfortable clothes for Qigong movements and meditation.

Spring Forest Qigong Healing Circle and Practice Group (Virtual)

Barb Palmer
Mon., May 2, 9, 16, 23, June 6, 13, 20, 27 1:00 PM - 2:00 PM
Gather to share Love Energy and receive energy balancing. You will be guided as you practice simple, gentle movements followed by a guided healing meditation. You will be sent energy during the group session to help you balance your physical, emotional and spiritual well being. Qigong combines gentle movements, breathing, mental focus, and sound and may be done standing or sitting.

Tai Chi for Health (Virtual)

Stephanie Siddiqui
Wed., May 4, 18, June 1, 15 9:30 AM - 10:30 AM
Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. Tai Chi for Health uses a stepwise progressive teaching method in each class. We spend 15 minutes on warm-ups or qigong movements, 15 minutes on stepwise instruction, 15 minutes of practice and 15 minutes of cool down and reflection. This program endorsed by many health organizations was started by Dr. Paul Lam.

The Enneagram and Our Health Journey (Virtual)

Kate Jackson
Wed., May 11 4:00 PM - 6:00 PM
The Enneagram is a self-awareness tool that offers insight into our thoughts, feelings, behaviors and motivations. This session introduces the nine personality types and how our type can impact the way we journey with health as well as how others (practitioners and loved ones) may perceive us. We will not be identifying individual Enneagram types in this workshop, but you can take this online test to get started on identifying your type if you'd like. <https://www.enneagraminstitute.com>.

Weekly Mindfulness Meditation Practice Session (Virtual)

Cass McLaughlin
Mon., May 2, 9, 16, June 6, 13, 20 9:00 AM - 9:45 AM
Start this week mindfully with an online mindful meditation practice mostly using the practices from the Mindfulness Based Stress Reduction (MBSR) program. Participants will be guided to listen to what they need and/or use the time to support a ongoing practice.

Writing for Healing (Virtual)

Wendy Brown-Baez
Thurs., May 12, 26, June 9, 23 1:00 PM - 2:30 PM
Writing is a way to access our inner guidance, fire up our creativity, and care for ourselves with compassion. We use a simple technique of spontaneous free writing. This means that we will be writing in short bursts of 6 - 7 minutes and sharing what we wrote, followed by supportive positive feedback. This is ideal for those with health challenges and care-givers. All levels of writers welcome.

SPECIAL VIRTUAL SERIES OFFERING

Mindfulness-Based Stress Reduction [MBSR]

Facilitated by
Michelle Jamieson

Virtual Series - all sessions held online via Zoom

8 CLASS SESSIONS:

Mon., May 2 - June 27 (no class May 30, Memorial Day) - 6:00 PM - 8:00 PM (CDT)

ALL-DAY RETREAT:

Sat., June 18 - 9:30 AM - 3:00 PM (CDT)

Commitment to ALL Sessions Required.

Mindfulness-Based Stress Reduction (MBSR) is designed to help participants integrate and apply mindfulness into their daily lives. An experiential eight week training program, MBSR offers a powerful, integrative approach for tapping into and mobilizing innate inner resources for healing and well-being. Based on the methods of Jon Kabat-Zinn, PhD., MBSR is considered one of the most reliable ways to learn how to use mindfulness and meditation to form new skills for living well and enjoying life.

The program includes

- 8 weekly 2-hour sessions
- A day-long silent retreat
- Weekly homework assignments
- Expected daily practice
- Guided meditation
- Meditation & Yoga recordings
- Peer & facilitator support

Visit: <https://tinyurl.com/mbsr0502> to register today!*

*Must be a Pathways' participant or provider to register



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COMMUNITY.

HEALING.

RESOURCES.



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

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

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

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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.