

Pathways

A Healing Center

Virtual Programming Calendar of Services

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NEW PROGRAM SPOTLIGHT



CONNECTING THROUGH INTENTIONAL CONVERSATION (VIRTUAL)

Session led by a Pathways' Certified Facilitator

Thurs., Nov. 5, Dec. 3

11:00 AM - 12:00 PM

Thurs., Nov. 19, Dec. 17

6:30 PM - 7:30 PM

In this session we will focus on creating connection with each other through a facilitator-led intentional conversation. Each facilitator will choose a single touch point from which this conversation will begin. Touch points can be a concept, a poem, or something of that nature and will vary with each group. Participants will be encouraged to both share and listen in response to what emerges and hopefully leave with a greater sense of connection and a more diminished sense of isolation.

Pathways' Building Temporarily Closed

Given the continued need to physically distance and the impact that has on the health and safety of our community, the Pathways building remains temporarily closed. A re-opening date is undetermined at this time. Pathways will continue to review CDC guidelines and state ordered health mandates to assess future plans. We appreciate our community's patience and understanding during this unprecedented health crisis.

Virtual Programming

Pathways programming is now offered virtually using the Zoom online platform. Please browse this calendar or visit our website, www.pathwaysminneapolis.org for information and instructions.



Session randomly assigned.

Log into Pathways participant account to make a request.

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:

- [Monday, November 9, 2020 - 4:00 PM - 5:00 PM](#)
- [Tuesday, November 24, 2020 - 1:00 PM - 2:00 PM](#)
- [Thursday, December 10, 2020 - 5:00 PM - 6:00 PM](#)
- [Tuesday, December 22, 2020 - 1:00 PM - 2:00 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)

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

(Listed alphabetically by session title)

**Bio-Energy Healing (Virtual)***Ann Agrimson*

Wed., Nov. 4, 18, Dec. 2, 16

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 via phone or Zoom. 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*

Tues., Nov. 3, Dec. 8

9:00 AM - 10:00 AM

10:15 AM - 11:15 AM

A session with Body Scan offers a way to connect with awareness of your physical Being's outside-in experience simultaneously 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.

**Cancer Doula Support (Virtual)***Talaya Dendy*

Fri., Nov. 6, 13, 20

11:00 AM - 12:00 PM

2:00 PM - 3:00 PM

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

- (3 Session Series)

**Compassionate Listening (Virtual)***Sue Salmela*

Mon., Nov. 9, 16, 23, Dec. 7, 14, 21

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.

**Distance Reiki (Virtual)***Cindy VanDrasek-Pai*

Mon., Nov. 9, 23, Dec. 7, 21. &

9:30 AM - 10:00 AM

Tues., Nov. 10, 24, Dec. 8, 22

Reiki is positive, universal life energy and complements any current medical regimen a person may be following. The power of Reiki is not wielded by the provider, but is directed so it activates the energy spontaneously in response to the need. Distance Reiki requires both the provider and participant to select a time where both can be relaxed. 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.

**Guided Imagery (Virtual)***Mary Ellen Kinney*

Tues., Nov. 10, 24, Dec. 8, 22

9:30 AM - 10:45 AM

11:00 AM - 12:15 PM

During guided imagery we work together in a simple natural way to use the power of your mind/imagination in a positive way. If you have ever worried or 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.

**Heal the Hurt (Virtual)***Valerie Lis*

Mon., Dec. 7

9:00 AM - 10:00 AM

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. Within the session, stressful emotions related to specific traumatic events are identified and dissolved. Consistent use of EFT may lead to an overall state of comfort and relaxation.

**Healing Touch & Reiki (Virtual)***Liz Flavin*

Wed., Nov. 4, 18, Dec. 2, 16

3:30 PM - 4:30 PM

4:45 PM - 5:45 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 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.



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

Thurs., Nov. 5, Dec. 3

Pamela Searles

10:00 AM - 11:00 AM

11:15 AM - 12:15 PM

Our session will begin with a short conversation about your request for healing. We end the conversation and you make yourself comfortable in your own space and I visualize you relaxed on my treatment table in my office. Healing Touch uses heart-centered energy to clear, balance, energize and support your whole person: mind, body, and spirit. At the end of our session, I will reconnect with you and we will discuss the healing experience.

Healing Touch (Virtual)

Thurs., Nov. 5, 12, 19, Dec. 3, 10, 17, &

12:00 PM - 12:45 PM

Wed., Nov. 25, Dec. 23

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.

Health Coaching (Virtual)

Wed., Nov. 4, 11, 18, &

4:00 PM - 5:00 PM

Wed., Dec. 2, 9, 16

5:15 PM - 6:15 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)

Integrative Health & Well-Being Coaching (Virtual)

Wed., Nov. 11, 18, 25, &

11:00 AM - 12:00 PM

Wed., Dec. 9, 16, 23

12:30 PM - 1:30 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. ☞-(3 session series)

Life Coaching (Virtual)

Wed., Nov. 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)

Sat., Nov. 14, Dec. 12

Aurea Gerard

10:30 AM - 11:00 AM

11:15 AM - 11:45 AM

12:00 PM - 12:30 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 the screen (courtesy of Zoom). The effects will not be diminished. You will be in the comfort of your favorite chair, couch or bed.

Relax and Find Joy (Virtual)

Wed., Nov. 4, Dec. 2

Cheryl Gebhart

10:30 AM - 11:15 AM

In this session we will use guided imagery to achieve deep relaxation. You will need to find a quiet place in your home where you will be comfortable. Suggested places would be a recliner, sofa or bed. A smart phone or laptop with working speakers is required for interaction during the session. After the session, you will be feeling refreshed and relaxed!

Shamanic Healing Sessions (Virtual)

Tues., Nov. 10, 17, Dec. 8, 15

Valerie Ohanian

11:00 AM - 12:00 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. 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.

Speaking of Death: Options and Conversation (Virtual)

Fri., Nov. 13

*Anne Archbold or**Marilaurice Hemlock*

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Thurs., Dec. 3

1:00 PM - 1:45 PM

2:00 PM - 2:45 PM

This session is tailored to the needs and questions of the individual 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. It is a time for questions and conversation about a topic that many generally avoid but that Anne/Marilaurice embrace fully.

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

Wed., Nov. 4, Dec. 16

*Myo-O Marilyn
Habermas-Scher*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)

 **Asking for Help
Successfully (Virtual)**

Wed., Nov. 18

Kate Jackson

1:00 PM - 3:00 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:
Man's Search For Meaning
by Viktor E. Frankl (Virtual)**

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

*Christine**Sanchez**Peterson*

11:00 AM - 12:30 PM

Wed., Dec. 2, 9, 16, 23

Author, Dr Viktor Frankl, MD PhD is the leader and originator of the school of logotherapy or existential analysis, and the author of 20 books translated into 14 languages. After three years at Auschwitz and other Nazi prisons, Dr Frankl gained freedom only to learn that almost his entire family had been wiped out. But during, and indeed partly because of, the incredible suffering and degradation of those harrowing years, he developed his theory of logotherapy.  **-8-session series.**

You are asked to make a commitment to all sessions. **Courageous
Writers Group (Virtual)**

Tues., Nov. 3, Dec. 1

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. Join this group of writers to stretch & strengthen your writing muscles and be in community.

 **Creative Journaling (Virtual)** *Kate Wolfe-Jenson*

Fri., Nov. 6, 20, Dec. 4, 18

10:00 AM - 11:30 AM

Join us as we 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 ongoing group. Newcomers always welcome. Bring your journal and something with which to write. You may want to have colored pencils or markers available.

 **Creative Journaling:
Befriending Your Body (Virtual)** *Kate Wolfe-Jenson*

Thurs., Nov. 12

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)** *Kate Wolfe-Jenson*

Thurs., Dec. 10

10:00 AM - 12:00 PM

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.

 **Finding Your Way
Through Your Life (Virtual)** *Carol Anderson*

Tues., Nov. 24

2:00 PM - 3:30 PM

Finding Your Way...through unfamiliar terrain...changes, challenges, experiences...through the rest of your life. Come together online for support, guidance, self-insight, inspiration, sharing, learning and connection. Each person will have opportunities to be listened to and to listen to others. The session is designed to allow participants to shape what is explored in a gently structured, flexible, organic process.



VIRTUAL GROUP SESSIONS (CONT'D)


Five Element Theory and Shiatsu Self-Care (Virtual)

Mary LeSourd
Thurs., Nov. 12 6:00 PM - 8:00 PM
Shiatsu self-care is based in the Five Element Theory of Chinese Medicine, each participant will take away knowledge and practical application of a daily acupressure routine to promote wellness and balancing meridian energy.


Grieving All Our Losses (Virtual)

Karen Greer
Thurs., Nov. 12, Dec. 10 1:00 PM - 2:30 PM
Change requires a kind of adjustment to the loss and these are challenging times with new losses to examine. How can we manage through all of these changes, all of these losses? We will explore our reaction to them, how they impact us and how we might go about healing them. There will be a ritual at the end so we might practice "letting go".


Grounding and Energy (Virtual)

Ann Agrimson
Mon., Nov. 9, Dec. 7 6:30 PM - 8:00 PM
In this session, we will explore the concept of grounding and come up with a variety of ways to ground. Participants will be led in a grounding meditation that will include movement and stillness. The second half of class will discuss the energy between people - even at a distance, sometimes it's energizing and other times it's draining. We'll discuss why this is and how we can protect our energy.


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

Mollie Newhouse
Thurs., Nov. 19, Dec. 17 5:00 PM - 5:45 PM
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.


Healing Support for the Emotions (Virtual)

Valerie Lis
Mon., Dec. 7 5:00 PM - 7:00 PM
Emotional Freedom Techniques (EFT) is a simple method to dissolve stress. It also helps eliminate or reduce chronic pain and discomfort. Participants learn to self-treat by tapping acupressure points with the fingertips, while working on personal stressors. For each participant in the group, stressful emotions related to specific traumatic events are identified and dissolved. Consistent use of EFT may lead to an overall state of comfort and relaxation.


Healing With Spiritual Light (Virtual)


Valerie Ohanian
Tues., Dec. 8 6:30 PM - 8:30 PM
How do we heal, in these challenging times? While there are literally thousands of effective healing modalities, we will explore one this evening that is so simple it is easy to miss. It is one that anyone can use it with benefit. Through guided shamanic-style journeys we will prepare for and participate in "healing with spiritual light." This work was pioneered by Sandra Ingerman, and has been presented as part of the Pathways "Medicine for the Earth" course.


Holding Difficult Emotions with Kindness & Compassion (Virtual)

Spruce Krause
Tues., Dec. 8 1:00 PM - 3:00 PM
Learn simple tools to hold your inner and outer life with more gentleness, reduce stress and fear and promote a kinder way of being. Together we will explore, try on, different ways to take care of ourselves during challenging times. Often just recognizing what our inner truth is can be the first step. Acceptance is not about liking how things are but simply recognizing how things are and how, out of that recognition, we can we respond with more kindness and compassion.


Integrate Meditative Movements Into Your Daily Routine (Virtual)

Ellie Peterson
Tues., Nov. 10, 24, Dec. 8, 22 9:30 AM - 10:00 AM
You will practice Meditative Movements which have 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.


Introduction to Shamanic Journeying (Virtual)

Valerie Ohanian
Tues., Nov. 10 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. 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!

VIRTUAL GROUP SESSIONS (CONT'D)

Introduction To The Enneagram: A Powerful Self-Awareness Tool (Virtual)

Kate Jackson
Wed., Nov. 11 1:00 PM - 3:00 PM

The Enneagram is a self-awareness tool that offers insight into our patterns of thoughts, feelings, behaviors and the motivations behind them. This session introduces the three centers of intelligence and nine personality types. Participants will gain knowledge about themselves and others, building understanding and compassion to improve relationships.

Please note: We will not be identifying individual Enneagram types in this workshop.

Meditations for Self-Compassion (Virtual)

Lisa Venable
Tues., Dec. 8 11:00 AM - 12:00 PM

Experience Self-Compassion as the most powerful medicine available for any challenge. During these times, compassion for self and others is paramount and helps calm emotions. Learn nurturing heart healing techniques and find deep peace within. If you have an active self-critic or are attempting to battle your illness or stress, try a more powerful approach to healing.

Practical Wellness: The Art of Creating Balance (Virtual)

Mariola Minta
Thurs., Nov. 19 10:00 AM - 11:30 AM

Learn practical Wellness tools that outline the mind-body-spirit-environment connection including; understanding how breath, hydration, thoughts, emotions, activity, and nutrition affect our well-being; learning how to manage the above pieces; understanding how energies around us influence us and learning energy cleansing techniques. The tools provided will include breathing techniques, gratitude journaling, designing your own meditation, energy cleansing, and affirmations design.

Qigong: Fan Sung (Virtual)

Rand Adams
Sat., Nov. 21, Dec. 12 1:00 PM - 1:45 PM

In this session, we will learn a the traditional qigong exercise of Fan Sung. Qigong is breathing, movement, and visualization exercises. *Qi* is an internal energy, and *Gong* means to work to attain skills. There are different types of qigong. From the perspective of TCM dis-ease is see as being caused by qi blockages, or stagnant qi. Fan Sung is a qigong exercise which helps circulate qi throughout the meridians in the body. We will also do some Taiji Qigong exercises.

Shamanic Drumming Circle (Virtual)

Lin Butler &/or Valerie Ohanian
Sat., Nov. 21, Dec. 19 7:00 PM - 9:00 PM

This group is for those with previous experience in shamanic journeying. We will be drumming, singing, and sharing our stories. Please have a drum and or rattle nearby. It is possible to make a rattle by filling an empty can with beans or pebbles, two sticks can serve as a drum. Even though we are virtual, we will create a powerful circle together that will support our own journeying, healing and the healing of others. Please be at your internet device before our 7pm start time so we may deal with any technical difficulties.

Sound of Soul Chant (Virtual)

Linda Duncanson
Mon., Nov. 2, Dec. 7 11:00 AM - 12:00 PM

Experience the sound of Soul through chanting. 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. You will gain a sense of peace, love and balance in your life. After the chant we will have a brief discussion on a topic or your experience of the mediation/contemplation.

Spiritual Handwriting with the Vimala Alphabet (Virtual)

Shannon Poppie
Wed., Nov. 11, Dec. 9 10:00 AM - 12:15 PM

Discover a soul-nurturing 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. Please have unlined paper, a pen and a stable writing surface for this session.

Spiritual Self Talk (Virtual)

Lisa Venable
Tues., Nov. 10 11:00 AM - 12:30 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
Fri., Nov. 20, Dec. 4, 18 1:00 PM - 2:00 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., Nov. 2, 9, 16, 23, 30, & 1:00 PM - 2:00 PM
Mon., Dec. 7, 14, 21

Please join us online, as we gather to share our Love Energy with each other and receive energy balancing. You will be guided as you practice the 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 can be done standing or sitting.

Tai Chi Chih for Health (Virtual)

Marlena Vernon
Fri., Nov. 6, 13, 20, Dec. 4, 11, 18 9:00 AM - 10:00 AM
Tai Chi Chih for Health is a series of simple movements that develop inner awareness of energy flow within the body. It has been described as "acupuncture without needles." These repetitive movements can restore open natural channels for health throughout the body.

Touching Worlds Through Tai Chi & Qigong (Virtual)

Stephanie Siddiqui
Wed., Nov. 4, 18, Dec. 2, 16 10:00 AM - 11:00 AM
Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. In each session, the provider will incorporate positive thoughts, breath work, qigong movements, and healing forms from Tai Chi for Health - a program endorsed by many health organizations.

Weekly Mindfulness Meditation Practice Session (Virtual)

Cass McLaughlin
Mon., Nov. 2, 9, 16, 23, Dec. 7, 14, 21 9:00 AM - 10:00 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., Nov. 12, 19, Dec. 3, 10, 17 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.

Yin Energy Yoga (Virtual)

Linda Duncanson
Mon., Nov. 9, Dec. 14 11:00 AM - 12:00 PM
Yin Energy Yoga is set in a calm and contemplative space. 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 designed to make you comfortable. The practice ends with meditation/contemplation. Please have the following items on hand: a Yoga mat or something to lay on, a blanket, a throw pillow and a strap or a towel.

Yoga Nidra (Virtual)



Sue Salmela
Thurs., Nov. 5, 19, Dec. 3, 10, 17 11:00 AM - 12:00 PM
Yoga nidra is a relaxation technique for releasing stress and tension held in the body. Participants will experience a deep level of relaxation with this gentle flow of meditation and guided imagery while allowing the body to restore and balance itself. Please have available: yoga mat, blanket, pillow for your head and under your knees, if desired. We will begin with a seated guided meditation and then participants will lie on a flat surface, floor, bed, or sofa for yoga nidra.

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.



*This is a wonderful day.
I've never seen it before.
- Maya Angelou*

