

Pathways

A Healing Center

3115 Hennepin Avenue South
Minneapolis, MN 55408
Voice: (612) 822-9061
Fax: (612) 824-3841
www.pathwaysminneapolis.org

Tim Thorpe, Executive Director
Erica Nelson, Program Manager
Dan Averitt, Office Manager
Laura Nelson, Administrative Coordinator

Building Hours

Program Hours:

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

Drop-in Hours:

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

November & December 2019 Building Closures:

Thurs., Nov. 7 - Administrative Focus Day
Thurs. - Sun., Nov. 28 - Dec. 1 - Thanksgiving Holiday
Thurs., Dec. 5 - Administrative Focus Day
Tues., Dec. 24, 2019 - Sun., Jan. 5, 2020 - Holiday Break

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.

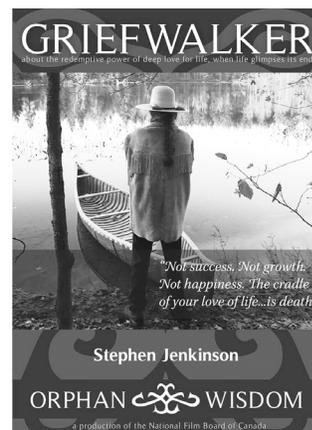
SPECIAL OFFERING

 **Film Night and
Conversation: *Griefwalker***

**Facilitated by Erica Nelson &
Patricia Brenneman**

Friday, November 1, 2019

6:00 PM - 8:15 PM



Please join us for a special screening of *Griefwalker* - a film about the work of Stephen Jenkinson. *Griefwalker* is a lyrical, poetic portrait of Stephen Jenkinson's work with dying people. Filmed over a twelve year period, *Griefwalker* shows Jenkinson in teaching sessions with doctors and nurses, in counseling sessions with dying people and their families, and in meditative and often frank exchanges with the film's director while paddling a birch bark canoe about the origins and consequences of his ideas for how we live and die.

Following the film, we'll explore the themes of; Where does our culture's death phobia come from and how does it affect us? How is it that grief could be a skill, or even a gift, instead of an affliction? Who are the dead to us and how do we deepen our relationship to them? How can seeing life's end be the beginning of your deep love of being alive?

At this sacred and significant time of year, we'll also have an altar space where you may honor a loved one who has passed. Please bring an object to place on the altar during our time together if you wish.

Session randomly assigned.

Request session via online account or paper registration form.

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) Nov. requests must be made by Oct. 25, 2019
 - 2) Dec. requests must be made by Nov. 25, 2019
- Those without computer access may submit a registration request form by fax, mail, or in person. Blank registration request forms are available in Pathways' library area or may be mailed to Participants upon request.

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

SCHEDULING PROCESS

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

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

Computer Registration Deadlines:

- 1) Nov. requests must be made by Oct. 25, 2019
- 2) Dec. requests must be made by Nov. 25, 2019

Category 1

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

Category 2

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

Category 3

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

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

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

ARRIVAL, PARKING, & CLASS START TIMES

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

ACCESSING THE LOWER LEVEL AND SECOND FLOOR:

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

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

NEW PARTICIPANT ORIENTATION

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

612-822-9061

- Tues., Nov. 5. 11:00 AM - 12:00 PM
- Fri., Nov. 15. 12:30 PM - 1:30 PM
- Thurs., Nov. 21. 5:00 PM - 6:00 PM
- Tues., Dec. 3. 11:30 AM - 12:30 PM
- Thurs., Dec. 12. 3:30 PM - 4:30 PM
- Thurs., Dec. 19. 1:00 PM - 2:00 PM
- Mon., Dec. 23. 3:00 PM - 4:00 PM

An orientation and welcoming for new participants at Pathways.
 We will help you access Pathways' services as simply as possible. The Pathways video will be shown. Please be sure to sign up and confirm your attendance with the Front Desk (612-822-9061). This class must be taken before attending other sessions at Pathways.



 **Renewing Life™: 8 Week Series** *Certified Facilitators*

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

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

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

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

***Must Attend All Sessions. Registration not available online.
 Please call Pathways (612-822-9061) to sign up!***

**PATHWAYS'
 SCENT-FREE
 POLICY**

The following are banned within the building and property:

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

**Session Symbol
 Key & Definitions**

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

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

Tues., Nov. 5, 19, Dec. 3, 17 1:30 PM - 4:00 PM
 Work individually or with guidance. Bring your own projects to work on or request ideas to get you going. Many art materials are provided - or bring your own. A facilitator is present for whatever type of support you may need. All experience levels welcome. **Session held in the lower level; Participants must be able to navigate stairs to access class.**

*Erica Nelson or
 Lorrie Ogren*

 **Creative Journaling:
 Befriending Your Mind**

Thurs., Nov. 14 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.

Kate Wolfe-Jenson

 **Creative Journaling:
 Befriending Your Journey**

Thurs., Dec. 12 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.

Kate Wolfe-Jenson

 **Practicing Gratitude:
 Through Imagery and Word**

Wed., Nov. 13 10:00 AM - 11:45 AM
 During this group, we will focus on making visible our gratitude which affirms what is good in our lives and nourishes and sustains us. We will create a collaged Gratitude Box (a container for holding all we are grateful for) and gratitude collages to be put in the box. No art experience is needed. All supplies are furnished. **Session held in the lower level; Participants must be able to navigate stairs to access class.**

Gloria Larsen

 **Synchronicity:
 Collage & Possibilities**

Thurs., Nov. 14 3:15 PM - 4:45 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.

Janet Higgins

 **Writing for Healing**

Thurs., Nov. 14, Dec. 12 1:00 PM - 2:45PM
 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.

Wendy Brown-Baez

BODYWORK **Acupuncture**

Mon., Nov. 4, 11, 18 - [3-Session Series] *Session times vary.
 See online system*
 Mon., Nov. 25, Dec. 2, 9 - [3-Session Series] *for specifics*
 Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Participants typically remain fully clothed during the treatment and will be appropriately draped where necessary. Please wear loose, comfortable clothing.  **(Multi-Session Series)**

In conjunction with The College of Acupuncture & Oriental Medicine at Northwestern Health Sciences University.

 **Massage**

Fri., Nov. 1, 8, 15, 22, Dec. 6 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.

 **Reflexology**

Wed., Nov. 6, 20, Dec. 11, 18 9:30 AM - 10:15 AM
 10:30 AM - 11:15 AM

Connie Saunders

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.



BODYWORK (CONT'D)

 **Shiatsu Massage** *Mary LeSourd*
 Mon., Dec. 2 10:00 AM - 11:15 AM
 11:30 AM - 12:45 PM

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

 **Therapeutic Massage** *Mollie Newhouse*
 Wed., Nov. 6 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

 **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., Nov. 5, 19, Dec. 3, 17 1:00 PM - 2:00 PM
 2:30 PM - 3:30 PM

Bio-Energy Healing *Ann Agrimson*
 Wed., Nov. 20, Dec. 18 1:00 PM - 2:00 PM
 2:30 PM - 3:30 PM

 **BodyTalk** *Karen Norum*
 Tues., Nov. 19 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** *Peggy Dufour*
 Tues., Nov. 5, 19, & 4:00 PM - 4:45 PM
 Tues., Dec. 3, 10 5:00 PM - 5:45 PM
 Fully clothed, light touch and/or hands off. Assists in restoring harmony, balance and re-patterning of your energy system placing you in a position to self heal.

 **Energy Healing** *Wendy Kardia*
 Mon., Nov. 4, Dec. 9 3:00 PM - 4:00 PM
 4:00 PM - 5:00 PM
 Receive a light, relaxing energy healing that is intuitively designed for your energy system. This session will assist in renewing and reassuring you of your own unique gifts.

 **Energy Healing With Intention** *Dennis Searle*
 Wed., Nov. 6, 13, 20, & 1:00 PM - 1:45 PM
 Wed., Dec. 11, 18 2:00 PM - 2:45 PM
 3:00 PM - 3:45 PM
 A participant's intention helps define a path for the hands-on, chakra based healing. Use of energy techniques and imagery allows the participant to become aware of their health/mind/body connections, which may open new paths for healing.

 **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*
 Tues., Dec. 3, Wed., Nov. 6, 27 12:00 PM - 12:45 PM
 Thurs., Nov. 14, Dec. 12, 19 1:00 PM - 1:45 PM

Healing Touch *Mary Johnson*
 Thurs., Nov. 14, Dec. 12 1:00 - 1:45 PM & 2:00 - 2:45 PM
 Thurs., Dec. 19 2:00 - 2:45 PM & 3:00 - 3:45 PM

Healing Touch *Niels Billund*
 Tues., Nov. 5, 19, Dec. 3, 17 5:30 PM - 6:30 PM

Healing Touch *Pamela Searles*
 Thurs., Nov. 21, Dec. 12 10:00 AM - 11:00 AM
 11:15 AM - 12:15 PM

 **Healing Touch & Reiki** *Liz Flavin*
 Wed., Nov. 13, 20, Dec. 11, 18 4:00 PM - 5:00 PM
 5:15 PM - 6:15 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., Nov. 14, 21, Dec. 12, 19

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**

Fri., Nov. 8, Dec. 6

Cheryl Gebhart

10:00 AM - 10:45 AM

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., Nov. 9

Aurea Gerard

10:30 AM - 11:00 AM

11:15 AM - 11:45 AM

12:00 PM - 12:30 PM

Reiki

Mon., Nov. 11, Dec. 16

Cindy VanDrasek-Pai

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Reiki

Thurs., Dec. 12

Colleen Beggan

11:00 AM - 11:45 AM

Reiki

Wed., Nov. 6

Mariola Minta

10:00 AM - 11:00 AM

Reiki

Thurs., Nov. 14, 21, Dec. 12, 19

Naum Tsypis

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

 **Soul & Energy Based Healing**

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

Tim Hanson

10:00 AM - 11:00 AM

Tues., Dec. 3, 10, 17

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., Nov. 4

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. Learn tips and exercises to help keep your energy balanced.

**Spring Forest Qigong Energy Balancing**

Thurs., Nov. 14, 21, Dec. 12

Norma Solstad

12:00 PM - 12:45 PM

1:00 PM - 1:45 PM

Experience hands-off energy balancing using SFQ techniques to remove energy blockages which can be the root causes of illness and discomfort. This session will help you balance the Qi and enhance your physical, emotional and spiritual well-being.

**Spring Forest Qigong Healing/Qi~ssage**

Fri., Nov. 1, Dec. 13

Gadu

2:15 - 2:45 PM

2:45 - 3:15 PM

3:15 - 3:45 PM

3:45 - 4:15 PM

In this session you have a choice of Spring Forest Qigong Energy Healing, Qi~ssage or combination of both. During Energy Healing, a Spring Forest Qigong Healer will move his or her 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. He or she 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., Nov. 1, Dec. 13

Gadu

1:00 PM - 2:00 PM

Learn to heal your body, mind and spirit and share your healing energy with others. Using the simple and effective techniques of Spring Forest Qigong (SFQ), you will realize you are "Born a Healer!" We will practice SFQ Healing Movements, sitting meditations, mindful breathing, chanting, and Qi~ssage.



HEALTH, WELLNESS, & NUTRITION **Life Coaching***Carla Beach*Wed., Nov. 6, 13, 20 (3 session series) 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. 📄

 **Natural Foods***Marcy Lundquist*

Fri., Nov. 15 3:30 PM - 4:30 PM

Learn natural food selection by understanding principles of food balance and harmony. Explore eastern and western dietary traditions based on individual needs. Consider the role of our microbiome in keeping human systems healthy.

MEDITATION, IMAGERY & INNER PRACTICE **Guided Imagery***Mary Ellen Kinney*Tues., Nov. 12, 26, Dec. 10, 17 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 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., Dec. 10 6:30 PM - 7:15 PM

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

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

Thurs., Nov. 21 9:30 AM - 11:30 AM

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

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

Tues., Nov. 5, Dec. 3 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., Nov. 4, 18, Dec. 2, 16 5:30 PM - 7:00 PM

LovingKindness meditation is a practice of cultivating unconditional love and goodwill. It emphasizes observing your mind without judgment while cultivating joy and happiness in both meditation and daily life. The first session of the month will focus on meditation instructions and introduction to the practice, the second session of the month will address more advanced practice. **Drop-in group.** ↓

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

Sat., Nov. 16 12:00 PM - 2:30 PM

Sat., Dec. 21 12:00 PM - 1:00 PM

No need to have attended MBSR but it is useful to start, continue and/or deepen your mindfulness practice with this formal practice session. Starting in March 2019, every other month (March, May, July, September and November) will be on specific practice topics and 2.5 hours long. Included will be longer practices, a possible teaching, dialogue and inquiry. **Drop-in group.** ↓

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

Sat., Nov. 16, Dec. 21 7:00 PM - 9:30 PM

This group is for those with previous experience in shamanic journeying. Come explore the shamanic path, share personal concerns & receive support for your own healing. We will be drumming, singing, and sharing our stories. Bring your own drums, rattles, & sacred objects. Please be prompt out of respect for The Circle.

 **Sound of Soul Chant***Linda Duncanson Miller*

Mon., Nov. 4, Dec. 2 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.



MEDITATION, IMAGERY & INNER PRACTICE (CONT'D)**The Practice of Mindfulness***Andre Heuer*

Thurs., Dec. 19

9:30 AM - 11:15 AM

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

**Turn Off Stress, Turn On Relaxation***Jane & Susan Flannigan*

Wed., Nov. 6, Dec. 11

4:00 PM - 5:30 PM

Learn easy techniques to find calmness and balance even during times of chaos. Turn down the overactive nervous system (sympathetic) that causes anxiety and switch on the relaxation response (parasympathetic) that claims the body and clears the mind. This session includes breath and body work visualisation and mindful movement.

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

Wed., Nov. 6, 13, 20, Dec. 11, 18

1:00 PM - 2:00 PM

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

**Heal the Hurt***Valerie Lis*

Mon., Dec. 16

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., Nov. 6, 13, 20 (3 session series)

5:00 PM - 6:00 PM
6:15 PM - 7:15 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.

**Shamanic Healing Sessions***Valerie Ohanian*

Tues., Nov. 5, Dec. 3, 10

1:00 PM - 1:45 PM
2:00 PM - 2:45 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., Nov. 6, Dec. 18

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., Nov. 6, 20, Dec. 11

3:00 PM - 4:00 PM
4:00 PM - 5:00 PM

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

**Awakening Happiness***Spruce Krause*

Fri., Dec. 6

10:00 AM - 12:00 PM

Learn simple but effective tools to experience more well-being, authentic happiness, and less stress. Gain confidence that you have tools to help you move through dark feelings and fear and not get stuck in them as often or for as long. These tools will help you rewire your brain for a greater tendency toward authentic happiness. Together we will learn how to build pathways in the brain that promote well-being, peace and joy.

**Finding Your Way for the Rest of Your Life***Carol Anderson*

Tues., Nov. 26

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.**



MIND-BODY-SPIRIT HEALING (CONT'D)

 **Gong Bath** *Michele Anderson*
 Thurs., Nov. 21, Dec. 19 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., Dec. 16 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.

 **MBTI(r) Types and Stress** *Jean Kummerow*
 Tues., Nov. 12 1:15 PM - 3:15 PM
 Psychological type, as identified by the Myers-Briggs Type Indicator® (MBTI®) instrument, is a powerful tool to understanding stress reactions. And knowing typical stress reactions helps to identify when stress is building and thus provides an opportunity to relieve it. This class will describe some of those typical reactions as well as some ways people have found to help deal with stress. **Prerequisite: Must know your MBTI type to attend.**

 **Practical Wellness - The Art of Creating Balance** *Mariola Minta*
 Fri., Nov. 8 2:00 PM - 4:00 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., Nov. 13, Dec. 11 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.

 **The WarmFeet Intervention** *Birgitta Rice*
 Fri., Nov. 8, Dec. 6 11:00 AM - 12:15 PM
 You will learn the skill of relaxation, which is specifically designed to improve blood flow to your feet, hands and skin. The learning is assisted with temperature biofeedback as a guide to help you learn the skill. Folks with limited circulation to the extremities, cold, non-healing sores and pain will have the greatest benefit.

MOVEMENT & GUIDED PRACTICE

 **Improve Balance and Stability** *Sandra Breuer*
 Fri., Nov. 22 1:00 PM - 2:00 PM
 Explore a variety of techniques to improve balance and stability. Learn about the physical anatomy and the brain body connection that is involved in balance. This is a good workshop for those who find standing on 1 foot a challenge. Wear comfortable clothing; Participants will do some activities not wearing shoes (optional).

 **Kundalini Yoga and Meditation** *Jane Matteson*
 Sat., Nov. 2, 16 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., Nov. 14, 21, Dec. 12, 19 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., Nov. 4, 11, 18, 25, & 9:30 AM - 10:30 AM
 Mon., Dec. 2, 9, 16, 23
 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)

 **Nurturing Yoga -- Seated** *Marcy Lundquist*
 Fri., Nov. 15 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 Relaxation** *Joyce Gudding*
 Wed., Nov. 6, 13, 20, Dec. 11, 18 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., Dec. 2 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., Nov. 4, 11, 18, 25, & 1:00 PM - 2:15 PM
 Mon., Dec. 9, 16, 23
 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., Nov. 4, 11, 18, 25, & 4:00 PM - 5:00 PM
 Mon., Dec. 2, 9, 16
 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., Nov. 5, 12, 19, 26, & 4:00 PM - 5:00 PM
 Tues., Dec. 3, 10, 17
 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.** ↓

 **Tai Chi for Better Health - Seated** *Stephanie Siddiqui*
 Tues., Nov. 5, 19, Dec. 3, 17 1:30 PM - 2:30 PM
 Enjoy slow graceful movements that create inner and outer balance, strength and energy. Each class will incorporate qigong movements and healing forms from Tai Chi for Health. **Drop-in Group.** ↓

 **Yin Energy Yoga** *Linda Duncanson Miller*
 Mon., Nov. 11, Dec. 16 11:00 AM - 12:30 PM
 This practice will open you up to greater awareness by releasing stress in your muscles, ligaments, tendons and fascia. There is light stretching to your ability in supported poses (blankets, bolsters, etc.) to make you comfortable followed by meditation/contemplation.

TRANSFORMATION THROUGH CHANGE, GRIEF & LOSS

 **Speaking of Death: Options and Conversation** *Anne Archbold &/or Marilaurice Hemlock*
 Tues., Nov. 5 1:00 PM - 1:45 PM
 2:00 PM - 2:45 PM
 What will happen to your body after you die? What options do you have? What challenges keep you from making plans? Conversation, planning tools, and resources to help get your plans in order and communicate them to others.

 **Writing Your Health Care Directive** *Gay Moldow*
 Tues., Nov. 12, 26, Dec. 3 9:30 AM - 11:30 AM
 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.

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

Caregivers: Navigating Together

Erica Nelson
 Mon., Dec. 9 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. **Drop-in group.** ↓

Dec. 9: Renewing Connections with Nature for Caregivers with Valerie Ohanian

Grieving All Our Losses

Karen Greer
 Thurs., Nov. 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.

Who Am I Now? Living with Change

Mary Baker
 Wed., Nov. 6, 20 11:00 AM - 12:30 PM
 We constantly live with change. In this group, we will discuss the impact change has in our lives as we consider "Who Am I Now?" The topics of awareness, acceptance, appreciation, and intention will be the focus of our conversations.

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.

SPECIAL OFFERING

AWAKENINGS

Facilitators: Paula Sandberg & Colleen Beggan
Friday, Nov. 1, 8, 15, 22 (4 session series)
10:00 AM - 12:00 PM

Awaken your spirit by exploring core values, relationships, and your creative self through conversation, expressive arts, guided meditation, and music. Participants will learn new tools and techniques for living a more meaningful life – living from one's core self - living with eyes wide open.

Session core themes:

- Week 1 - Our Authentic Self
- Week 2 - A New Way of Being
- Week 3 - Authentic Relationships
- Week 4 - Our Creative Self



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

SAVE THE DATE

PATHWAYS' HOLIDAY OPEN HOUSE
Wednesday, December 4th, 2019

1:00 PM - 5:00 PM

You are warmly invited to join participants, volunteers, supporters, & community members as we gather together for our 30th annual seasonal open house.

The afternoon will include healing modalities, creative activities, and light refreshments as we celebrate the season with festivity and gratitude. We look forward to seeing you!

Pathways

A Healing Center

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

Return Service Requested

Healing Within.
Renewing Life.

November & December 2019
Calendar of events, programs, and services

SPECIAL OFFERING



ART THERAPY AS SELF-CARE

Presented in conjunction with The Angel Foundation

Thursday, November 14, 2019

6:00 PM - 7:30 PM

Help when cancer strikes

angel
foundation

Art therapy is the integration of artistic expression into the healing process. Creation can be emotionally restorative and can serve as an outlet for expressing your feelings about illness, treatment, and life itself. Please join us for an evening of relaxing expression to learn about how making art can provide an emotional outlet as both participant and caregiver. No previous art-making experience required. Art Therapy as Self Care is brought to you by Angel Foundation and led by a Credentialed Art Therapist. **Session held in the lower level; Participants must be able to navigate stairs to access class.**

Please note: In alignment with the Angel Foundation's mission to help adults with cancer and their families, so that they may live life well with stability, strength and resilience, this session is offered specifically for Pathways participants affected by cancer.

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