

Pathways

A Healing Center

Virtual Programming Calendar of Services

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Pathways' Building Temporarily Closed

Given the continued prevalence and unpredictability of the COVID19 virus, the Pathways building remains closed to in-person programming. A re-opening date is undetermined at this time.

Pathways will continue to review CDC guidelines and state-ordered health mandates as we assess future plans. We appreciate everyone's patience and understanding during this unprecedented health crisis.

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.

National Family Caregivers Month

In honor of National Family Caregivers Month, we want to highlight Pathways as a resource for all caregivers - personal and professional. In the month of November, we are partnering with Stuart Pimsler Dance & Theater who have generously offered their **Caring for the Caregiver** program to our participant community. We are also excited to offer a new program, **Caregiving: Nourishing Hope** (see pg. 6). It's our intention to continue to find new ways to lift up caregivers and the extraordinary gifts they bring into our world.



CARING FOR THE CAREGIVER (VIRTUAL)

Stuart Pimsler Dance & Theater (SPDT)

Artistic Co-Directors Suzanne Costello and Stuart Pimsler

Tuesday, November 16, 2021 - 6:00 PM - 7:30 PM

Join the Artistic Co-Directors of SPDT for this workshop designed for personal and professional caregivers. Through the integration of movement and voice, memories and stories, participants explore ways to express feelings associated with the daily work of caregiving. No prior movement experience is required. Please come prepared to write and move.

STUART PIMSLER DANCE & THEATER (SPDT) has continued to engage populations worldwide through its performance works and community inclusive programs since its founding in New York City in 1979. SPDT's interdisciplinary vision weaves movement, spoken text, song, and visual imagery to provoke and comment on the personal and political. SPDT's company artists have been distinguished for their artistic excellence, garnering seven McKnight Fellowships and five Minnesota SAGE Awards for Dance.

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

Visit: <https://tinyurl.com/spdt1116> to sign up today!

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 8, 2021 - 1:00 PM - 2:00 PM](#)
- [Tuesday, November 23, 2021 - 4:00 PM - 5:00 PM](#)
- [Monday, December 6, 2021 - 12:00 PM - 1:00 PM](#)
- [Tuesday, December 21, 2021 - 3:00 PM - 4:00 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.

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

(Listed alphabetically by session title)

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

Wed., Nov. 17, Dec. 15

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*

Tues., Nov. 2, Dec. 7

9:30 AM - 10:30 AM

10:45 AM - 11:45 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., Nov. 1, 8, 15, 22, Dec. 6, 13

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., Nov. 9, 23, Dec. 7, 14

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., Nov. 1, 15, Dec. 6, 20

9:30 AM - 10:00 AM

Tues., Nov. 2, 16, Dec. 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.

**Energy Healing (Virtual)***Lynn Mader*

Wed., Nov. 3, 10

11:00 AM - 12:00 PM

12:30 PM - 1:30 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)***Mary Ellen Kinney*

Tues., Nov. 9, 23, Dec. 7, 21

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.

**Gyrokinesis (Virtual)***Susan Gaines*

Wed., Nov. 10

11:30 AM - 12:30 PM

Wed., Dec. 8

9:30 AM - 10:30 AM

Gyrokinesis is a gentle, rhythmic movement practice that shares principals with tai chi and yoga. These one-on-one 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.

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

Wed., Nov. 3, 17, Dec. 1, 15

5:00 PM - 6:00 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)***Jim Taylor*

Thurs., Nov. 4, 11, 18, Wed. Nov. 24, &

12:00 PM - 12:45 PM

Thurs., Dec. 2, 9, 16, 23

1:00 PM - 1:45 PM

2:00 PM - 2:45 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.

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

Tues., Nov. 2, 16, 30, Dec. 14, 21

6:00 PM - 7:00 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 online 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.

Healing Touch (Virtual)*Pamela Searles*

Thurs., Nov. 4, Dec. 2

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, we will reconnect and discuss the healing experience.

Health Coaching (Virtual)*Claire Stuckey*

Tues., Nov. 2, 9, 16

11:30 AM - 12:30 PM

Tues., Dec. 7, 14, 21

1:00 PM - 2:00 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)*Mary Dobish*

Wed., Nov. 10, 17, 24

11:00 AM - 12:00 PM

Wed., Dec. 8, 15, 22

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)*Carla Beach*

Wed., Nov. 3, 10, 17

9:30 AM - 10:30 AM

Wed., Dec. 1, 8, 15

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)*Aurea Gerard*

Fri., Dec. 10, 17

1:00 PM - 1:30 PM

1:45 PM - 2:15 PM

2:30 PM - 3:00 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.

Relax and Find Joy (Virtual)*Cheryl Gebhart*

Thurs., Nov. 4 & Mon., Dec. 13

5:00 PM - 5:45 PM

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)*Valerie Ohanian*

Thurs., Nov. 18, Dec. 2, 9, 16

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. 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)*Anne Archbold or**Marilaurice Hemlock*

Tues., Nov. 9

1:00 PM - 1:45 PM

2:00 PM - 2:45 PM

Fri., Dec. 3

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

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.

Spirit Allies (Virtual)*Jan Page*

Wed., Nov. 3, 17, Dec. 1, 15

1:00 PM - 2:15 PM

2:30 PM - 3:45 PM

Learn to recognize and strengthen your connection to your Spirit Allies committed to protect, heal, guide, & inspire you. Spirit Allies can be deities, ancestors, nature, personal beliefs and more. During this session you can be seated or laying down.

VIRTUAL ONE-TO-ONE (1-1) SESSIONS (CONT'D) **Too Much****Togetherness (Virtual)**

Mon., Nov. 8, 22, Dec. 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., Nov. 17, Dec. 15

*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)

 **Adventure with Inspiration and Gratitude (Virtual)**

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

Stephanie Siddiqui

11:30 AM - 12:30 PM

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)**

Wed., Dec. 1

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.

 **Caregiving: Nourishing Hope (Virtual)**

Mon., Nov. 8

*Maia Twedt &**Anne Supplee*

4:00 PM - 5:15 PM

Caring for a loved one can be a gift. It is also one of the most difficult experiences one can have. What drains you as a caregiver? What sustains you? Join with other caregivers during National Family Caregiver Month as we express losses, discover gifts and nourish hope.

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

Tues., Nov. 16, Dec. 14

Jose Alba Hernandez

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.

 **Courageous Writers Group (Virtual)**

Tues., Nov. 2, Dec. 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. Join this group of writers to stretch & strengthen your writing muscles and be in community.

 **Exploring Isolation & Connection (Virtual)**

Mon., Nov. 8, Dec. 6

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 and loneliness? If I am alone, does it mean I am lonely? How can I possibly build new connections during this time of the Coronavirus? In this group, we will explore these questions and more.

 **Finding Your Soul Path II (Virtual)**

Tues., Nov. 9, 16, 23, 30, Dec. 7, 14

*Sue Salmela &**Mary Sanders*

10:30 AM - 12:00 PM

Introducing six new soul traits! This group series will help you identify the character traits, or soul traits, that are specific to your soul path. We will explore Honor, Enthusiasm, Silence, Generosity, Responsibility, and Faith. You will learn how to cultivate the soul traits that will support you in sustaining lasting transformation and leading a meaningful and ethical life. This program is based on the Jewish spiritual path of Mussar.  **6 session series. You are asked to make a commitment to all sessions.**

VIRTUAL GROUP SESSIONS (CONT'D)

**Five Elements: Inside, Outside, All Around! (Virtual)**

Mary LeSourd

Thurs., Dec. 9

2:00 PM - 3:30 PM

In Chinese Medicine Theory, the Five Elements make up most everything that we know, in nature and in our mind/body/spirit. We know them as: Wood-Fire-Earth-Metal-Water. We relate to our environment in ways to consistently find balance between the elements. And when we are out of balance, we feel that in endless ways that touch us across all domains: Physically-Cognitively-Emotionally-Socially-Spiritually. This session is an exercise in identifying your primary Element, including how to utilize this information to shift attitudes, awareness, discomfort levels, and anxiety into a place of comfort and ease. You will also learn ways to balance your energies through a few key acupressure points. Participation and discussion encouraged.

**Gratitude: Creating Happiness (Virtual)**

Christine Smith

Sanchez Peterson

Tues., Nov. 9, 16, 23, 30, Dec. 7, 14

11:00 AM - 12:30 PM

We need to develop a practice, a discipline that helps us see the world and respond differently to the many events and situations we encounter every day that are often overwhelming and stressful. Keeping a gratitude journal can change your attitude and your world view. In this class we explore the many aspects and benefits of practicing gratitude. Bring a new journal or notebook and a pen with you to class. **6 session series. You are asked to make a commitment to all sessions.**

**Grieving Our Losses (Virtual)**

Karen Greer

Thurs., Dec. 2

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".

**Healthy and Simple Meals (Virtual)**

Mariola Minta

Wed., Dec. 15

10:00 AM - 11:30 AM

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)**

Ellie Peterson

Tues., Nov. 9, 23, Dec. 7, 21

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.

**Inter-Play (Virtual)**

Spruce Krause

Tues., Nov. 23

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)**

Valerie Ohanian

Tues., Nov. 2

6:30 PM - 8:30 PM

Learn an ancient core shamanic practice used around the world by indigenous people to gain wisdom, direction, healing, & 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!

**Loss, Memories, and Hope (Virtual)**

Maia Twedt &

Anne Supplee

Wed., Dec. 8

2:00 PM - 3:30 PM

December is a time of celebration and also growing darkness. That paradox can be especially difficult when one is grieving. Give yourself the gift of coming together with others to grieve losses, honor memories and touch hope.

**Partnering with the Earth for Healing (Virtual)**

Valerie Ohanian

Tues., Dec. 7

6:30 PM - 8:00 PM

Through guided journeys we will learn and remember how to connect with beings of nature, to help further our relationships with them and ourselves. We'll focus on how to relate to nature in our own backyards & communities. Studies show that time in nature increases immunity and shamanic wisdom of 10,000 years show deep connections with nature help us heal.

VIRTUAL GROUP SESSIONS (CONT'D)**Practical Wellness: The Art of Creating Balance (Virtual)**

Wed., Nov. 17

Mariola Minta

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)

Sat., Dec. 11

Rand Adams

3:00 PM - 3:45 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)

Sat., Nov. 20, Dec. 18

*Lin Butler &/or**Valerie Ohanian*

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)

Mon., Nov. 15, Dec. 6

Linda Duncanson

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)

Wed., Nov. 10, Dec. 8

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. (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.

Spring Forest Qigong Healing Circle (Virtual)

Sat., Nov. 13, Dec. 11

Gadu Doushin

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)

Mon., Nov. 1, 8

Barb Palmer

1:00 PM - 2:00 PM

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)

Fri., Nov. 5, 12, 19, Dec. 3, 10, 17

Marlena Vernon

9:30 AM - 10:30 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.

Tai Chi for Health (Virtual)

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

Stephanie Siddiqui

10:00 AM - 11:00 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.

VIRTUAL GROUP SESSIONS (CONT'D)

Weekly Mindfulness Meditation Practice Session (Virtual)

Cass

McLaughlin

Mon., Nov. 1, 8, 15, 22, 29, & 9:00 AM - 9:45 AM
 Mon, Dec. 6, 13, 20

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. 11, Dec. 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.

Yin Energy Yoga (Virtual)

Linda Duncanson

Mon., Nov. 8, Dec. 13 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. 4, 11, 18, Dec. 2, 9, 16 10:00 AM - 11:00 AM

Yoga nidra is a technique for releasing stress held in the body. Experience a deep level of relaxation with this gentle flow of meditation & guided imagery while allowing the body to restore & balance itself. Please have available: yoga mat, blanket, pillows for your head and under your knees. Session begins with a seated guided meditation and then participants will lie on a flat surface, floor, bed, or sofa for yoga nidra.

***Rest is not idle, not wasteful.
 Sometimes rest is the most productive
 thing you can do for your body and soul.***

- Erica Layne



Pathways
 A LEGACY OF HEALING SPEAKER SERIES

 SEPTEMBER 21 6:30-8:00pm The Science of Joy – Lessons from The Joy Lab Featuring: Henry Emmons and Aimee Prasek	 OCTOBER 18 6:30-8:00pm Healing as a Spiritual Path Featuring: Gregory A. Plotnikoff, MD, MTS, and Rev. Catherine Duncan, MA, BCC	 NOVEMBER 10 6:30-8:00pm Healthy Self – The Practice of Eating Featuring: Carolyn Denton and Brenda Langton
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a legacy of healing SPEAKER SERIES

For over 30 years, Pathways has been a holistic health leader, providing FREE complementary healing approaches and supportive services to individuals in health crisis. This fall, we will be offering a three-part, *Legacy of Healing* speaker series.

Speakers and topics include:

The Science of Joy - Lessons from The Joy Lab

Tues., Sept. 21 - 6:30 PM - 8:00 PM

The pandemic has placed great stress on peoples' mental well-being. Henry Emmons and Aimee Prasek discuss their innovative online solution, The Joy Lab, that infuses science with soul to uncover joy as an antidote to depression and anxiety.

Healing as a Spiritual Path

Mon., Oct. 18 - 6:30 PM - 8:00 PM

When on this path of spiritual growth, our hearts and souls will open and unfold. Gregory A. Plotnikoff and Catherine Duncan share meaningful insights from more than six decades of fostering health and healing in those who suffer.

Healthy Self – The Practice of Eating

Wed., Nov. 10 - 6:30 PM - 8:00 PM

Broaden your knowledge of nutrition and discover how food impacts health and vitality. Carolyn Denton and Brenda Langton focus on foods to include in the diet-HOW & WHY, and provide simple strategies and recipes to put the knowledge into practice!

Admission - \$35.00 per event.

All proceeds from these events will help continue the healing work of Pathways.

In-person and virtual attendance options available.

For more information and to register, please visit:

<https://tinyurl.com/pwlohss>

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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.