

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

September & October 2019 Building Closures:

Sat - Mon, Aug. 31 - Sept. 2 - Labor Day Weekend

Thurs, September 5 - Administrative Focus Day

Sat, September 28 - Administrative Programming

Thurs, October 3 - Administrative Focus Day

Sat, October 26 - Administrative Programming

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

Statement of Purpose:

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

SPECIAL OFFERING

 **Homegrown Hope:
Medical Cannabis in Minnesota
with Amy Bjork, Leafline Labs
Monday, September 30, 2019**

6:30 PM - 8:00 PM



In 2014, Minnesota became the 22nd state to legalize cannabis for medical use and the Minnesota program is different than many others in the United States. LeafLine Labs, a homegrown company, is one of two medical cannabis manufacturers licensed in the state. In this special presentation, Amy Bjork, Registered Pharmacist for LeafLine Labs, will share a wealth of information about cannabis treatment, LeafLine Labs medications, and the Minnesota Medical Cannabis program.

As cannabis therapy gains national attention, LeafLine Labs remains committed to crafting extraordinary, industry-leading medication. The world-wide use of the cannabis plant as a treatment for various ailments and pain relief is well documented throughout history with medicinal uses dating back as far as 3,000 years. LeafLine Labs brings that historical information into a modern-day context with state-of-the-industry production of cutting-edge medications and patients-first caregiving.

Please join our conversation with Amy to learn more about cannabis as medicine, how cannabis works in the human body - specifically as it pertains to treating life-threatening and chronic illness - and the medical cannabis program in Minnesota.



Registration unavailable online.

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

GETTING STARTED

- New participants are required to attend the **Welcome to Pathways Orientation**. This is the essential first step before registering for sessions at Pathways. See page 3 for the next available dates.
- Determine your category (see descriptions at right).
- Visit our web site: www.pathwaysminneapolis.org and click on the box: "Becoming a Participant" for detailed information on how to register online.
- All computer registration requests must be submitted by the specified monthly deadline:
 - 1) Sept. requests must be made by Aug. 25, 2019
 - 2) Oct. requests must be made by Sept. 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) Sept. requests must be made by Aug. 25, 2019
- 2) Oct. requests must be made by Sept. 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., Sept. 3. 12:00 PM - 1:00 PM
- Thurs., Sept. 12 4:00 PM - 5:00 PM
- Fri., Sept. 20. 11:30 AM - 12:30 PM
- Mon., Sept. 23. 2:30 PM - 3:30 PM
- Fri., Oct. 4. 3:00 PM - 4:00 PM
- Thurs., Oct. 10. 4:00 PM - 5:00 PM
- Thurs., Oct. 17 12:30 PM - 1:30 PM
- Tues., Oct. 22. 2:00 PM - 3:00 PM
- Thurs., Oct. 31. 1:00 PM - 2:00 PM

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



Renewing Life™: 8 Week Series *Certified Facilitators*

Please call 612-822-9061 for class schedule and to register.

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

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

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

Must Attend All Sessions. Registration not available online.

PATHWAYS’ SCENT-FREE POLICY

The following are banned within the building and property:

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

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

Facilitated by Alex Acker-Halbur & Betsy Knapp

Wed., Sept. 18 - 1:00 PM - 3:30 PM

Break the Connection
Between Illness & Stress

In this Transitions program, we’ll look at the startling effects of stress on our bodies, minds and spirits; and offer five ways to reduce stress on a daily basis.

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

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

Session Symbol Key & Definitions

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

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

Tues., Sept. 3, 17, Oct. 1, 15

Erica Nelson or
Lorrie Ogren

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.**

**Creative Collage: Healing Cards**

Tues., Oct. 22

Gloria Larsen
10:00 AM - 11:45 AM

What inspires you to keep going in the midst of life's challenges? This group will explore personal imagery that reflects hope, comfort, courage, renewal, and healing. We will collage and create personal Healing Cards to be put in a felt pouch. All materials (including the pouch) will be provided. **Session held in the lower level; Participants must be able to navigate stairs to access class.**

**Creative Journaling:
Befriending Your Journey**

Thurs., Sept. 19

Kate Wolfe-Jenson
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.

**Creative Journaling:
Befriending Your Body**

Thurs., Oct. 17

Kate Wolfe-Jenson
10:00 AM - 12:00 PM

Do you ever feel like your body is the enemy? In this culture and when facing illness, it's easy to receive (or even create) unhelpful messages about our bodies. Using simple creative journaling and meditation techniques, we'll explore our relationships with our bodies and rediscover them as allies. Please bring your journal or a notebook.

**Open To Possibilities
In Everyday Life**

Fri., Sept. 13, Oct. 25

Jeanne Bain
10:00 AM - 11:30 AM

Sometimes we get stuck in the day-to-day challenges of life and lose sight of joy and hope. Join this group to apply a play-based lens to your everyday life! What to expect: playground and word games, laughter, exploration and support from others.

**Synchronicity:
Collage & Possibilities**

Thurs., Sept. 26, Oct. 24

Janet Higgins

10:00 AM - 12:30 PM

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

**Writing for Healing**

Thurs., Sept. 12, 26, Oct. 10, 24

Wendy Brown-Baez

1:00 PM - 2:45 PM

Using simple techniques of spontaneous free writing, we access our inner voice and intuitive guidance. We gain new perspectives and find commonality and meaning. Ideal for those with health challenges or care-givers. You don't have to be a writer, just a willingness to find your own words.

BODYWORK**Acupuncture**

Mon., Sept. 9, 16, 23, 30

Session times vary.

Mon., Oct. 7, 14, 21, 28

See online system

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., Sept. 6, 13, 20, 27, &

9:45 AM - 11:00 AM

Fri., Oct. 4, 11, 18, 25

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.



BODYWORK (CONT'D)

 **Chi Nei Tsang Abdominal Massage** *Melissa Cathcart*
 Tues., Oct. 22
 1:00 PM - 1:45 PM
 2:00 PM - 2:45 PM
 3:00 PM - 3:45 PM
 5:00 PM - 5:45 PM
 6:00 PM - 6:45 PM

Chi Nei Tsang (CNT) uses gentle, firm pressure on the abdomen to loosen tension in the tissues and move gas, fluid and BM through the intestines. It is not uncommon for individuals to have masses of congested tissues underneath the skin, areas that are particularly tender or varying tone across the abdomen. Pressing, stroking, tapping and percussion may be used in addressing these. Qi-gong meditation may also be added to your treatment as a way to focus on a particular organ system.

 **Reflexology** *Connie Saunders*
 Wed., Sept. 4, 18, Oct. 2, 16, 30
 9:30 AM - 10:15 AM
 10:30 AM - 11:15 AM

Experience the importance feet play in overall health. As a Certified Foot Reflexologist, I will partner with you to help you stay healthy. Our goal is to release tension and increase circulation in your feet, and throughout your body, one pressure point at a time. You will be fully clothed and sit in a reflexology chair where you can relax and help activate the healing powers of your body.

 **Rosen Method Bodywork** *JanMarie Roehl*
 Mon., Sept. 30, Oct. 7
 9:30 AM - 10:30 AM
 10:45 AM - 11:45 AM

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

 **Shiatsu Massage** *Mary LeSourd*
 Mon., Sept. 30, Oct. 28
 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., Oct. 9
 11:00 AM - 12:00 PM
 12:15 PM - 1:15 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.

 **Shiatsu Self-Care Workshop** *Mary LeSourd*
 Tues., Oct. 15
 6:00 PM - 8:00 PM

Zen Shiatsu, a Japanese acupressure treatment, is accessible to anyone who wants to connect mind, body and breath to ensure a healthy immune system and positive energy flow. Learn about Five Element Theory of Chinese Medicine while integrating self-care stretches and acupressure points. Through movement, pressure and release, you will experience nourishing balance for your entire being

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., Sept. 3, 17
 1:00 PM - 2:00 PM
 2:30 PM - 3:30 PM

Bio-Energy Healing *Ann Agrimson*
 Wed., Sept. 18, Oct. 16
 1:00 PM - 2:00 PM
 2:30 PM - 3:30 PM

 **BodyTalk** *Karen Norum*
 Tues., Oct. 8
 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 (CONT'D)**Energy Healing***Peggy Dufour*

Tues., Sept. 3, 10, 17, 24, &

4:00 PM - 4:45 PM

Tues., Oct. 1, 8, 22, 29

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*

Tues., Sept. 3, Oct. 8

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., Sept. 4, 11, 18, 25, &

1:00 PM - 2:00 PM

Wed., Oct. 2, 9, 16, 23, 30

2:00 PM - 3:00 PM

3:00 PM - 4:00 PM

A participant's intention helps define a path for the hands-on, chakra based healing. Use of energy techniques and imagery allows the participant to become aware of their health/mind/body connections, which may open new paths for healing.

**Healing Touch**

Healing Touch is an energy therapy that uses gentle hand techniques to help re-pattern a person's energy field and accelerate healing of the body, mind, and spirit.

Healing Touch*Jim Taylor*

Wed., Sept. 4, &

12:00 PM - 12:45 PM

Thurs., Sept. 12, 19, Oct. 10, 17, 24, 31

1:00 PM - 1:45 PM

Healing Touch*Mary Johnson*

Thurs., Sept. 12, Oct. 10, 31

1:00 - 1:45 PM & 2:00 - 2:45 PM

Thurs., Oct. 17

2:00 - 2:45 PM & 3:00 - 3:45 PM

Healing Touch*Niels Billund*

Tues., Sept. 10, 24, Oct. 8, 22

5:30 PM - 6:30 PM

Healing Touch*Pamela Searles*

Thurs., Sept. 26, Oct. 10

10:00 AM - 11:00 AM

11:15 AM - 12:15 PM

**Healing Touch & Reiki***Liz Flavin*

Wed., Sept. 4, 18, Oct. 2, 16, 30

4:00 PM - 5:00 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.

**Intuitive Deep Hands-on Healing***Rhesa Schwartz*

Thurs., Sept. 12, 19, 26, Oct. 10, 17

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***Cheryl Gebhart*

Fri., Sept. 6, Oct. 4

12:00 PM - 12:45 PM

1:00 PM - 1:45 PM

Allow stress to melt away from your mind and body while you enjoy relaxing with gentle pressure applied to acupuncture points located on the head. Your session will leave you feeling relaxed and rejuvenated!

**Reiki**

Reiki is Universal Life Energy that flows from provider to participant and breaks up blocks, which allows a body to heal itself. Reiki works on all levels - the physical, mental, emotional and spiritual. Work is done on a table while you are fully clothed, with gentle touch or hands off your body.

Reiki*Aurea Gerard*

Sat., Sept. 14, Oct. 12

10:30 AM - 11:00 AM

11:15 AM - 11:45 AM

12:00 PM - 12:30 PM

Reiki*Cindy VanDrasek-Pai*

Tues., Sept. 10, Oct. 15

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Reiki*Colleen Beggan*

Wed., Sept. 4 & Thurs., Oct. 24

11:00 AM - 11:45 AM

Reiki*Mariola Minta*

Wed., Sept. 11, Oct. 9

10:00 AM - 11:30 AM

Reiki*Naum Tsypis*

Thurs., Sept. 12, 26, Oct. 10, 24

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

Reiki*(Team Reiki) Linda Snyder & Lynn Soley*

Tues., Sept. 17 & Wed., Oct. 16

6:30 PM - 7:15 PM

7:30 PM - 8:15 PM

**Soul & Energy Based Healing***Tim Hanson*

Tues., Sept. 3, 10, 17, 24, &

10:00 AM - 11:00 AM

Tues., Oct. 1, 8, 15, 22, 29

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.



ENERGY HEALING (CONT'D) **Spring Forest Qigong
Energy Balancing***Barb Palmer*

Mon., Sept. 9, 23, Oct. 7, 21 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***Norma Solstad*Thurs., Oct. 17, 24 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***Gadu*Fri., Sept. 13, Oct. 4, 18 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***Gadu*

Fri., Sept. 13, Oct. 4, 18 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., Sept. 11, 18, 25 (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., Sept. 20, Oct. 18 3:30 PM - 4:30 PM

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

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

Wed., Sept. 18, 25, Oct. 2, 9 11:00 AM - 12:00 PM

In this session of interactive guided imagery, you will be invited to experience completion with those in your life with whom you have issues of forgiveness. Peace, health, abundance, and love are gifts that can manifest themselves through this forgiveness process.

 **Guided Imagery***Mary Ellen Kinney*Tues., Sept. 3, 17, Oct. 1, 15, 29 9:30 AM - 10:30 AM
11:00 AM - 12:00 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., Sept. 24 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.

MEDITATION, IMAGERY & INNER PRACTICE (CONT'D) **Finding Clarity***Andre Heuer*

Thurs., Sept. 12

9:30 AM - 11:30 AM

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

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

Tues., Sept. 17, Oct. 22

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., Sept. 9, 23, Oct. 7, 21

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.** ↓

 **Meditation for Wellness***Andre Heuer*

Thurs., Oct. 10

9:30 AM - 11:30 AM

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

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

Sat., Sept. 21

12:00 PM - 2:30 PM

Sat., Oct. 19

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. ↓ **Qigong Meditations***Laura Thorpe*

Wed., Sept. 4, 18, Oct. 2, 16, 30

10:00 AM - 11:00 AM

Allow guided visualizations to heal using a focused meditation series developed by renowned Qigong master Ken Cohen - 1) A mind/brain cleansing meditation with an additional five-colored light meditation for healing the five major internal organs, 2) An inner tranquility meditation with embryonic breathing, recovering inner clarity and vision, 3) A Daoist spirit meditation to expand our spiritual awareness.

Session held in the lower level; Participants must be able to navigate stairs to access class.

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

Sat., Sept. 21, Oct. 19

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., Sept. 9, Oct. 7

11:00 AM - 12:00 PM

You will get into a comfortable seated position and be guided on how to open your inner self to the Sound of Love. We will chant for 15-20 min and then go into a quiet contemplation/meditative state to open yourself to inner peace and guidance. After the chant we will have a brief discussion on a topic or your experience of the mediation/contemplation.

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

Wed., Oct. 9, 16, 23, 30

1:00 PM - 2:00 PM

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

**Heal the Hurt***Valerie Lis*

Mon., Oct. 28

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.



MIND-BODY-SPIRIT HEALING (CONT'D)

 **Shamanic Healing Sessions** *Valerie Ohanian*
Tues., Sept. 10, 17, Oct. 22, 29
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., Sept. 11, Oct. 23
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., Sept. 11, 25, Oct. 2, 9
3:00 PM - 4:00 PM
4:00 PM - 5:00 PM

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

 **Anger: Get User Friendly** *Spruce Krause*
Fri., Oct. 18
10:00 AM - 12:00 PM

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

 **Book Club: Four Agreements Companion Book** *Christine Smith Sanchez Peterson*
Wed., Sept. 4, 11, 18, 25, Oct. 2, 9, 16
11:00 AM - 12:30 PM

Renowned writer and shaman Don Iguel Ruiz has written a companion book to his original work to help us better understand, apply, and practice *The Four Agreements*. Please bring *The Four Agreements Companion Book* with you to class. For the first session, I recommend reviewing the abbreviated glossary on page 209 to refresh your memory. Handouts are provided for each session. **(7-session series. You are asked to make a commitment to all sessions).** 

 **Finding Your Way for the Rest of Your Life** *Carol Anderson*
Tues., Sept. 24, Oct. 29
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.** 

 **Gratitude: Creating Happiness** *Christine Smith Sanchez Peterson*
Tues., Sept. 10, 17, 24, Oct. 1, 8, 15
11:00 AM - 12:30 PM

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).** 

 **Healing Support for the Emotions** *Valerie Lis*
Mon., Oct. 28
5:00 PM - 7:00 PM

Emotional Freedom Techniques (EFT) is a simple method to dissolve stress. It also helps eliminate or reduce chronic pain and discomfort. Participants learn to self-treat by tapping acupuncture points with the fingertips, while working on personal stressors.

 **Messages from Love: Learning to Listen to your Heart** *Lisa Venable*
Fri., Oct. 25
2:00 PM - 3:30 PM

Discover and learn to listen to an inner voice that feels good. A voice that speaks from the spirit rather than ego; a voice of love and possibilities instead of fear and limitation. Includes a specialized healing meditation for deeper healing of fear and negative thoughts followed by a deep connection to the Spirit of Love.

 **Practical Wellness - The Art of Creating Balance** *Mariola Minta*
Sat., Sept. 14, Thurs., Oct. 31
10:00 AM - 12:30 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.

 **Qi Breathing Workshop** *Deanna Reiter & Troy Stende*
Wed., Sept. 4
12:30 PM - 2:00 PM

Everybody breathes. But even though it's a basic activity, it's an untapped resource for most people. When expanded, your breath can reduce your stress, increase your energy and improve your health. Qi Breathing is a modern day twist on ancient breathing practices and eastern principles.

 **Self-Care & Self-Compassion** *Lisa Venable*
Fri., Sept. 27
2:00 PM - 3:30 PM

Experience Love as the most powerful medicine available for any challenge. Learn nurturing, self-compassionate heart healing techniques and find deep peace within. If you have a healthy self-critic or are attempting to battle your illness or stress, try a more powerful approach to healing.

MIND-BODY-SPIRIT HEALING (CONT'D)

 **Spiritual Handwriting** *Shannon Poppie*
Wed., Sept. 18, Oct. 16 10:00 AM - 12:00 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., Sept. 6, Oct. 4 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

 **Kundalini Yoga and Meditation** *Jane Matteson*
Sat., Sept. 7, 21, Oct. 5, 19 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., Sept. 12, 19, 26, & 6:30 PM - 7:30 PM
Thurs., Oct. 10, 17, 24, 31
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., Sept. 9, 16, 23, 30, & 9:30 AM - 10:30 AM
Mon., Oct. 7, 14, 21, 28
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.** ↓

 **Meditative Movements** *Ellie Peterson*
Wed., Sept. 11 9:30 AM - 10:30 AM
Integrating Meditative Movements into your daily life can release resistance and support your life journey with love, confidence & joy. This practice uses spoken positive core value affirmations with structured seated, standing & floor movements adaptable to your physical ability.

 **Nurturing Yoga -- Seated** *Marcy Lundquist*
Fri., Sept. 20, Oct. 18 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., Sept. 4, 11, Oct. 16, 23, 30 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** *Barb Palmer or Shirley O'Neill*
Mon., Oct. 14 1:00 PM - 3:00 PM
SFQ is a simple, effective, meditative practice which helps you balance and heal yourself physically, emotionally and spiritually. It combines simple body movements, breathing, visualization and sound. SFQ can be done sitting, standing, or lying down.

 **Spring Forest Qigong Healing Circle & Practice Group** *Barb Palmer*
Mon., Mon., Sept. 9, 16, 23, 30, & 1:00 PM - 2:15 PM
Mon., Oct. 7, 21, 28
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., Sept. 9, 16, 23, 30, & 4:00 PM - 5:00 PM
Mon., Oct. 7, 14, 21, 28
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.** ↓

MOVEMENT & GUIDED PRACTICE (CONT'D)

 **Intro to Tai Chi** *Eddy Wilbers*
Tues., Sept. 3, 10, 17, 24, & 4:00 PM - 5:00 PM
Tues., Oct. 1, 8, 15, 22, 29

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., Sept. 3, 17, Oct. 1, 15 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.

 **Taoist Exercise for Health and Internal Power** *Rand Adams*
Sat., Oct. 19 11:00 AM - 12:00 PM
The focus of this class is classical Taoist exercises, primarily Qigong and Neigong. These exercises consist of physical movements and standing meditations, along with an internal focus on energy and breathing, and mindfulness.

 **Yin Energy Yoga** *Linda Duncanson Miller*
Mon., Sept. 16, Oct. 14 11:00 AM - 12:30 PM
This practice will open you up to greater awareness by releasing stress in your muscles, ligaments, tendons and fascia. There is light stretching to your ability in supported poses (blankets, bolsters, etc.) to make you comfortable followed by meditation/contemplation.

TRANSFORMATION THROUGH CHANGE, GRIEF & LOSS

 **Advance Care Planning: Individual or Pairs** *Lin Butler*
Tues, Sept. 17, Oct. 15 4:00 PM - 5:30 PM
6:00 PM - 7:30 PM

Participants may explore and discuss their questions, concerns and choices regarding end of life planning and late life care. You will be guided to think about your current condition, how you envision your own care, and who will speak for you when you may be unable to speak for yourself. Your care giving partner is welcome to attend.

 **Speaking of Death: Options and Conversation** *Anne Archbold &/or Marilaurice Hemlock*
Fri., Sept. 13 10:00 AM - 10:45 AM
11:00 AM - 11:45 AM

Thurs., Oct. 10 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., Sept. 10, 24, Oct. 15, 29 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.

 **Caregivers: Navigating Together** *Erica Nelson*
Mon., Sept. 16, Oct. 14 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.** ↓

Sept. 16: Giving Voice to the Caregiving Experience with Erica Nelson

Oct. 14: Open to Possibilities as Caregivers with Jeanne Bain

 **Grieving All Our Losses** *Karen Greer*
Thurs., Sept. 19 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., Sept. 11, 25, Oct. 9, 23 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.

Pathways

A Healing Center

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

Return Service Requested

Healing Within.
Renewing Life.

September & October 2019
Calendar of events, programs, and services

SPECIAL OFFERING



SHINRIN YOKU: IMMERSE YOURSELF IN HEALING FORESTS

Facilitator: David Motzenbecker

Wednesday, October 2, 2019 - 10:00 AM - 12:00 PM

Location: Wood Lake Nature Center in Richfield

(Participant responsible for own transportation).



Soon the vibrant colors of autumn will make an appearance, reminding us how transformational a connection to nature can be. We can all build upon that nature connection by joining David Motzenbecker for the Japanese practice of Shinrin Yoku. Shinrin Yoku is a gentle, intentional, and meditative walk through the forest that seeks to integrate all the senses with the more-than-human world. This positive and calming practice has been found to reduce stress, boost immune function, as well as increase focus.

David Motzenbecker of Motz Studios brings 18 years of tapping into the “spirit of place” as a landscape architect to his Association of Nature and Forest Therapy (ANFT)-certified guide practice.

Please note: We move slow, so dress in multiple layers and bring rain gear as appropriate. Most trails at Wood Lake are wheelchair accessible. Our walk will follow these accessible trails and we will adapt as necessary.

Session randomly assigned. Request session via online account or paper registration form.