

# Pathways

A Healing Center

## Calendar of Services: In-Person & Virtual Programming

3115 Hennepin Avenue South  
Minneapolis, MN 55408

Voice: (612) 822-9061

Fax: (612) 824-3841

[www.pathwaysminneapolis.org](http://www.pathwaysminneapolis.org)

Tim Thorpe, Executive Director

Dan Averitt, Office Manager

Venecia Mitchell, Administrative Coordinator

### SPECIAL OFFERING

 **Beyond Menopause: New Pathways to Holistic Health Book Launch & Conversation (In-Person)**

**Carolyn Torkelson MD & Catherine Marienau PhD**

**Wed., October 19, 2022**

**6:00 PM - 7:30 PM**



#### In-Person Programming

Pathways is offering select one-on-one in-person sessions (listings begin on page four). **Our building will be open to scheduled appointments only. Drop-in visits are not permitted at this time.** For the health of our community, those entering the building agree to follow specific safety precautions.

For more information on our guidelines and requirements, please visit our website: <https://pathwaysminneapolis.org/home/features/in-person-guidelines/>

#### Virtual Programming

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

Women of postmenopausal age want to remain healthy, vital, and engaged, yet they are often overlooked in the healthcare system. In this phase of life, women need to create their own integrative path to wellness. Beyond Menopause shows women how to prime their voice for self-advocacy and establish collaborative relationships with their health practitioners.

At this presentation and book signing, co-authors Dr. Carolyn Torkelson and Dr. Catherine Marienau will discuss:

- Integrative strategies that bridge the gap between conventional medicine and holistic healing approaches.
- Identify factors to consider when making choices among a wide array of holistic options to create new pathways.
- Educate women on how to be informed advocates for their own health care and participate in shared decision-making with their providers.
- Offer fresh perspectives on mind-body-spirit integration that empower women to lead active, vital, and purposeful lives as they age.

**Event held at: [The Marsh, 15000 Minnetonka Boulevard, Minnetonka, MN 55345](#)**

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

**Visit: <https://tinyurl.com/beyondmenopause> to sign up!**

## 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](http://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](http://www.zoom.us) for more information about the app.
3. To register, please visit our website: [www.pathwaysminneapolis.org/pathways-orientation](http://www.pathwaysminneapolis.org/pathways-orientation)
4. To cancel or reschedule an orientation session, please contact us at [scheduling@pathwaysmpls.org](mailto:scheduling@pathwaysmpls.org).

Upcoming virtual orientation sessions:

- [Thursday, September 8, 2022 - 3:00 PM - 4:00 PM](#)
- [Wednesday, September 21, 2022 - 12:00 PM - 1:00 PM](#)
- [Tuesday, October 4, 2022 - 2:00 PM - 3:00 PM](#)
- [Thursday, October 20, 2022 - 1:00 PM - 2:00 PM](#)

## PARTICIPANT CATEGORIES

### **Category 1**

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

### **Category 2**

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

### **Category 3**

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

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

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

## SCHEDULING PROCESS

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

- Participants who submit their session requests by the 25th of each month will be a part of our monthly random assignment process. Higher assignment priority is given to participants with a category 1 or 2 designation.
- 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.

## 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](http://www.surveymonkey.com/r/PathwaysSessionEvaluation) or email us directly at [scheduling@pathwaysmpls.org](mailto:scheduling@pathwaysmpls.org).

### Statement of Purpose:

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

### **Pathways' Services are Free.**

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

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

### Session Symbol Key & Definitions

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

## PATHWAYS SCENT-FREE POLICY

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

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

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

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

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

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

(Listed alphabetically by session title)

 **1-1 Custom Qigong: Finding The Healer Within (In-Person)** *Laura Thorpe*  
Wed., Sept. 21, Oct. 19 10:00 AM - 10:45 AM  
11:00 AM - 11:45 AM

Participants will be guided by ancient methods of mindful movement, breath-work, visualization and tapping/self-massage. These simple wellness exercises wake up the body's own internal healing resources. Maximize your body's function by cultivating energy with specific exercises that stimulate your organ systems for renewed vitality.

 **Bio-Energy Healing (In-Person)** *Ann Agrimson*  
Wed., Sept. 21 1:00 PM - 2:00 PM  
2:30 PM - 3:30 PM

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.

 **Ensofic Reiki (In-Person)** *Sarah Smriga*  
Tues., Sept. 13, 20, 27 (3 Session Series) 10:00 AM - 11:00 AM  
Tues., Oct. 11, 18, 25 (3 Session Series) 11:15 AM - 12:15 PM  
The ray of Ensofic is the highest vibration of energy. It is pure, radiant light. When this energy is used for healing, it helps to reduce pain, detox the body, bring more light and integrate healing in the body. It works with any medical treatment to bring greater balance.  **(Multi-Session Series)**

 **Healing Touch & Reiki (In-Person)** *Liz Flavin*  
Wed., Sept. 7, Oct. 5 2:00 PM - 3:00 PM  
3:15 PM - 4:15 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.

 **Individual Acupuncture (In-Person)**  
Mon., Sept. 12, 19, 26 (3 Sessions) 1:00 PM - 2:00 PM  
Mon., Oct. 3, 10, 17, 24, 31 (5 Sessions) 2:00 PM - 3:00 PM  
3:00 PM - 4:00 PM

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Participants typically remain fully clothed during the treatment and will be appropriately draped where necessary. Please wear loose, comfortable clothing.  **(Multi-Session Series)**

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

 **Massage (In-Person) - Sessions Cancelled**  
Fri., Sept. 9, 16, 23, 30, & 9:45 AM - 11:00 AM  
Fri., Oct. 7, 14, 21, 28 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. 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 Massage Therapy program at Northwestern Health Sciences University.*

 **Shamanic Healing Session (In-Person)** *Valerie Ohanian*  
Wed., Oct. 26 1:30 PM - 2:15 PM  
2:30 PM - 3:15 PM

Shamanic methods can foster healing as well as help restore vitality, grounding, & 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.

 **Shiatsu Massage (In-Person)** *Mary LeSourd*  
Thurs., Sept. 22 2:00 PM - 3:00 PM  
3:15 PM - 4:15 PM

Shiatsu Massage 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. Shiatsu balances the circulating life force of "Qi", bringing the mind-body-spirit back into a harmonious state.

 **Soul & Energy Based Healing (In-Person)** *Tim Hanson*  
Tues., Sept. 13, 27, Oct. 11, 25 10:00 AM - 10:45 AM  
11:00 AM - 11:45 AM

Soul & Energy Based Healing invites you to relax on the bodywork table or remain seated in a chair, fully clothed. This energy work will facilitate 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. You will have the option for discussion of the experience at the end.

 **SoulCollage Coaching (In-Person)** *Laura Thorpe*  
Wed., Sept. 7, Oct. 5 10:00 AM - 10:45 AM  
11:00 AM - 11:45 AM

1-1 guidance with your SoulCollage process. Ask questions about the suits, how to have them assist in guiding you, how to use your cards and deck, how to expand the process, whatever you would like to explore. If available, please bring your collaged cards with you. While it isn't 100% necessary, it would be a great benefit to explore your images in front of you.

**IN-PERSON ONE-TO-ONE (1-1) SESSIONS (CONT'D)**

 **Spring Forest Qigong Energy Balancing (In-Person)** *Norma Solstad*  
 Thursday, Sept. 8 10:00 AM - 10:45 AM  
 11:00 AM - 11:45 AM

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.

**IN-PERSON GROUP SESSIONS****(Listed alphabetically by session title)**

 **Community Acupuncture (In-Person)**  
 Mon., Oct. 3, 10, 17, 24, 31 (5 Sessions) 1:00 PM - 2:00 PM  
 1:30 PM - 2:30 PM  
 2:00 PM - 3:00 PM  
 2:30 PM - 3:30 PM  
 3:00 PM - 4:00 PM

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Community Acupuncture involves treating multiple participants at the same time in a large communal room. Each person will be socially distanced and rest comfortably in a reclining chair. If possible, please try to wear loose comfortable clothing.  **(Multi-Session Series)**

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

**VIRTUAL ONE-TO-ONE (1-1) SESSIONS****(Listed alphabetically by session title)**

 **Bio-Energy Healing (Virtual)** *Ann Agrimson*  
 Wed., Oct. 19 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*  
 Thurs., Sept. 1 & Mon. Oct. 3 9:30 AM - 10:30 AM

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

 **Compassionate Listening (Virtual)** *Sue Salmela*  
 Mon., Sept. 12, 26, Oct. 10, 24 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., Sept. 6, Oct. 18, 25 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., Sept. 19 9:30 AM - 10:00 AM  
 Tues., Sept. 6, 20  
 Wed., Sept. 7

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., Sept. 7, 14, Oct. 5 10:00 AM - 10:45 AM  
 11:30 AM - 12:15 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., Sept. 13, 27, Oct. 11, 25 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.

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

Thurs., Sept. 1, 8, 15, 22, 29 & 12:00 PM - 12:45 PM  
 Thurs., Oct. 6, 13, 20, 27 1:00 PM - 1:45 PM

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

**🧘 Healing Touch (Virtual)***Mary Johnson*

Tues., Sept. 13, 27, Oct. 11, 25 12:00 PM - 12:45 PM  
 1:00 PM - 1:45 PM

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

**🧘 Healing Touch (Virtual)***Niels Billund*

Tues., Sept. 13, 27, Oct. 11, 25 11:00 AM - 12:00 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 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*

Mon., Oct. 10 10:30 AM - 11:30 PM  
 11:45 AM - 12:45 PM

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

**🧘 Integrative Health & Well-Being Coaching (Virtual)***Mary Dobish*

Wed., Sept. 7, 14, 21 11:00 AM - 12:00 PM

In this series, you will be supported in mobilizing internal and external resources to set and achieve well-being related goals and dreams. By the end of the series, you will have accessed your mind, body, and spirit and established small steps toward actualizing your personal well-being. 📅 **3 session series**

**🧘 Life Coaching (Virtual)***Carla Beach*

Wed., Sept. 7, 14, 21 9:30 AM - 10:30 AM  
 Wed., Oct. 5, 12, 19 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**

**🧘 Speaking of Death: Options and Conversation (Virtual)***Anne Archbold or Marilaurice Hemlock*

Fri., Sept. 9 10:00 AM - 10:45 AM  
 11:00 AM - 11:45 AM

Tues., Oct. 11 1:00 PM - 1:45 PM  
 2:00 PM - 2:45 PM

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

**🧘 Spirit Allies (Virtual)***Jan Page*

Thurs., Sept. 1, 15, Oct. 6, 20 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.

**🧘 Too Much Togetherness (Virtual)***Barbara McCleary*

Mon., Sept. 12, 26, Oct. 10, 24 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. Whether it is you on your own, you and a partner, children, roommates, or a larger extended family with whom you live, trying to valiantly exist independently or co-exist with others can be a major challenge these days. In this session we will discuss setting reasonable expectations, and coping strategies. You will learn some new tools, and hopefully, leave feeling less overwhelmed.

**🧘 Voice Healing (Virtual)***Myo-O Marilyn Habermas-Scher*

Wed., Sept. 7, Oct. 5 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., Sept. 14, 28, Oct. 12, 26

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.

Stephanie Siddiqui

9:30 AM - 10:30 AM

**Asking For Help Successfully (Virtual)**

Wed., Oct. 5

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.

Kate Jackson

4:00 PM - 6:00 PM

**Beginner's Yoga For Every Body (Virtual)**

Tues., Sept. 13, 20, 27, Oct. 4, 11, 18, 25 10:30 AM - 11:30 AM

If you have been reluctant to try yoga, this class is for you! Everybody can access and reap the benefits of yoga. Our goal is to provide a safe space for inner growth and healing through gentle movement, meditation, and guided imagery. We do not encourage over-zealousness or overextending yourself. In this class, we honor the body by respecting its limits.

Sue Salmela &amp;

Mary Sanders

**Book Club: Stillness Speaks by Eckhart Tolle (Virtual)**

Wed., Sept. 14, 21, 28, &amp;

Wed., Oct. 5, 12, 19, 26

In this group, we will read and discuss Stillness Speaks - a simply written book of author Eckhart Tolle's thoughts regarding everything from the finding of stillness to exploring the end of suffering. This book is for readers who are willing to give these messages a chance to work their quiet magic. As the facilitator, I will also introduce concepts and exercises that are threaded through Tolle's messages. Please plan to attend all sessions. 📅 **7 session series.**

Christine Smith

Sanchez Peterson

11:00 AM - 12:30 PM

**Breathing to Decrease Stress & Anxiety (Virtual)**

Wed., Sept. 14

In this workshop you will learn and practice a few simple breathing exercises which can have a huge impact on your overall wellbeing to help decrease stress and anxiety in your life. You will also discover how to fall asleep in a minute or less, how to breathe through difficult moments and how to breathe to help minimize pain.

Deanna Reiter &amp;/or

Troy Stende

12:00 PM - 1:00 PM

**Chair Yoga Therapy (Virtual)**

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

This therapeutic, adaptive class promotes well-being through correct posture, breath and guided movements. It gently lengthens, stretches, and opens the body while bringing awareness as well. In this class, we will relax and rejuvenate our bodies and minds while improving flexibility and mobility. No previous yoga experience necessary. Please use a stationary chair without wheels for this class, and dress in comfortable, layered clothing.

Julie

Shannon Williams

11:00 AM - 12:00 PM

**Community Shamanic Circle (Virtual)**

Sat., Sept. 17, Oct. 15

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

Lin Butler &amp;/or

Valerie Ohanian

7:00 PM - 9:00 PM

**Courageous Writers Group (Virtual)**

Tues., Sept. 6, Oct. 4

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.

Jeanne Bain

1:00 PM - 2:30 PM

**Creative Journaling (Virtual)**

Fri., Sept. 9, 23, Oct. 14, 28

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

Kate

Wolfe-Jenson

10:00 AM - 12:00 PM

**Creative Journaling: Befriending Your Body (Virtual)**

Thurs., Oct. 27

Do you ever feel like your body is the enemy? In this culture and when facing illness, it's easy to receive (or even create) unhelpful messages about our bodies. Using simple creative journaling and meditation techniques, we'll explore our relationships with our bodies and rediscover them as allies. Please bring your journal or a notebook. You may also want to have colored pencils or markers and a small morsel of food (a raisin or other piece of fruit) available.

Kate

Wolfe-Jenson

10:00 AM - 12:00 PM

## VIRTUAL GROUP SESSIONS (CONT'D)



### Creative Journaling: Cultivating Resilience in Challenging Times (Virtual)

Thurs., Sept. 15

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

*Kate*

*Wolfe-Jenson*

10:00 AM - 12:00 PM



### Exploring Isolation & Connection (Virtual)

Mon., Sept. 26, Oct. 24

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

*Barbara McCleary*

2:00 PM - 3:15 PM



### Fall: Letting Go (Virtual)

Tues., Oct. 4

The Fall season inherently includes the letting go of things, but this may also invite a new time. How does what you let go of become mulch in the ground of your life? Using engaging poetry, gentle movement, and reflection questions, we will experience the act of "letting go" and acknowledge darker days and longer nights. Join us as we prepare for a seasonal shift and share in a ritual of putting things to rest.

*Maia Twedt &*

*Anne Supplee*

4:00 PM - 5:00 PM



### Gentle Yoga (Virtual)

Wed., Oct. 5, 12, 19, 26

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

*Ramaa Bhasin*

9:30 AM - 10:45 AM



### Grieving Our Losses (Virtual)

Thurs., Sept. 8, Oct. 13

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

*Karen Greer*

1:00 PM - 2:30 PM



### Group Gyrokinesis (Virtual)

Wed., Sept. 14, Oct. 12

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

*Susan Gaines*

1:30 PM - 2:30 PM



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

Thurs., Sept. 15

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

*Mollie Newhouse*

7:15 PM - 8:00 PM



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

Tues., Sept. 6, 20, Oct. 4, 18

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.

*Ellie Peterson*

9:30 AM - 10:00 AM



### Inter-play (Virtual)

Thurs., Sept. 22

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..

*Spruce Krause*

10:30 AM - 12:00 PM



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

Fri., Sept. 23, 30, Oct. 7, 14, 21, 28

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

*Marlena Vernon*

9:30 AM - 11:00 AM

## VIRTUAL GROUP SESSIONS (CONT'D)

### Intro to Tai Chi Chih for Health (Virtual)

*Marlena Vernon*  
Fri., Sept. 23, 30, Oct. 7, 14, 21, 28 11:00 AM - 12:00 PM

This introductory practice consists of a series of gentle, simple movements that develop inner awareness of energy flow within the body which can open up Chi blockages and can be done at all levels of ability. The repetitive mindful movements are designed to allow a balancing and circulation of Chi and may be done standing or seated. It has been described as "acupuncture without needles."

### Introduction to Shamanic Journeying (Virtual)

*Valerie Ohanian*  
Wed., Oct. 26 10:00 AM - 11:30 AM

You will learn an ancient core shamanic practice used around the world by indigenous people to gain wisdom, direction, healing, and greater connection to self and others. Shamanic journeying is simple, direct, and powerful. If you have a drum or rattle, please have it available. Putting dried beans, pebbles or large, hard seeds into an empty jar works well as a rattle!

### Reconnecting to Life After Cancer: Creating New Habits To Support A New You (Virtual)

*Kathy Washburn*  
Wed., Sept. 7 12:00 PM - 1:30 PM

In this session we will discover new habits to help us feel safe and healthy and explore ways to begin forming them as well as ways to make these changes sustainable. We will discuss different type of MEDS (Mindfulness, Exercise, Diet and Sleep) that can assist us in (re)connecting to our body and regain control, stability and strength as we move forward.

### Reconnecting to Life After Cancer: Redefining Intimacy & Positive Sexuality (Virtual)

*Kathy Washburn*  
Wed., Oct. 12 12:00 PM - 1:30 PM

Intimacy and sexuality change after we experience cancer. In this session we will start with intimacy; the into me I see. Understanding how treatment affects sexuality, and learning that libido is tied up in all kinds of things (image, body appearance, levels of fatigue, side effects, etc.) helps us heal and give us courage to find the help that we need to move forward.

### Sound of Soul Chant (Virtual)

*Linda Duncanson*  
Mon., Oct. 10 10:00 AM - 10:45 AM

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. After the chant we will have a brief discussion on a topic or your experience of the mediation/contemplation.

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

*Shannon Poppie*  
Fri., Sept. 2, Oct. 7 10:00 AM - 12:15 PM

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

### Spring Forest Qigong Healing Circle (Virtual)

*Gadu Doushin*  
Sat., Oct. 15 11:00 AM - 12:00 PM

In Spring Forest Qigong Group Healing Circle, the participants will learn simple Qigong movements and be guided in Qigong healing meditation. Please wear comfortable clothes for Qigong movements and meditation.

### Spring Forest Qigong Healing Circle and Practice Group (Virtual)

*Barb Palmer*  
Mon., Sept. 12, 19, 26, & 1:00 PM - 2:00 PM

Mon. Oct. 3, 10, 17, 24, 31  
Gather to share Love Energy and receive energy balancing. You will be guided as you practice simple, gentle movements followed by a guided healing meditation. You will be sent energy during the group session to help you balance your physical, emotional and spiritual well being. Qigong combines gentle movements, breathing, mental focus, and sound and may be done standing or sitting.

### Tai Chi for Health (Virtual)

*Stephanie Siddiqui*  
Wed., Sept. 7, 21, Oct. 5, 19 9:30 AM - 10:30 AM

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

### The Enneagram and Our Health Journey (Virtual)

*Kate Jackson*  
Wed., Sept. 7 4:00 PM - 6:00 PM

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

**VIRTUAL GROUP SESSIONS (CONT'D)****Typical Stress Reactions of the MBTI (r) types (Virtual)**

Jean

Kummerow

Thurs., Sept. 15

1:30 PM - 3:30 PM

**YOU MUST KNOW YOUR MBTI (r) TYPE TO PARTICIPATE.**

Personality type, as identified by the Myers-Briggs Type Indicator (r) (MBTI) instrument, is a powerful tool to understanding stress reactions. This class will describe for each type some typical stressors and typical reactions as well as some ways people of your same type have found to help deal with stress. Participants must have video access since slides will be presented explaining the content. Handouts will be provided via email. Assigned participants will be contacted by the provider prior to the session for screening purposes.

**Weekly Mindfulness Meditation Practice Session (Virtual)**

Cass

McLaughlin

Mon., Sept. 19, 26, Oct. 3, 10, 17, 24

9:00 AM - 9:45 AM

Start this week mindfully with an online mindful meditation practice mostly using the practices from the Mindfulness Based Stress Reduction (MBSR) program. Participants will be guided to listen to what they need and/or use the time to support a ongoing practice.

**Writing for Healing (Virtual)**

Wendy Brown-Baez

Thurs., Sept. 8, 22, Oct. 13, 27

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., Sept. 12

10:00 AM - 10:45 AM

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., Sept. 15, 29, Oct. 13, 27

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.

**2022 Board of Directors**

Pam Lampert - Chair

Ann Thompson - Secretary

Rufus Winton - Treasurer

Michele Anderson, DNP, PMHNP, E-RYT

Dee Baskin, JD

Rev. Catherine Duncan, MA, BCC

Jeffery Dusek, PhD

Aurea Gerard, M.MSC

Jenna Hobbs, PsyD, LP

Mary Johnson, RN, PhD

Bill Manahan, MD

Valerie Ohanian, RS Hom, CCH

Arti Prasad, MD, FACP, ABOIM

Mary E. Shearen, JD

Carolyn Torkelson, MD

**Integrative Health Advisory Committee**

Paul Erickson, MD

Courtney Baechler, MD, MS

Laurie Drill-Mellum, MD, MPH

Megan Ellingson, MHA

Henry Emmons, MD

Gregory A. Plotnikoff, MD, MTS

Carol Schoenecker, RN, CHTP

Sue Towey, APRN, CNS, MS, LP

*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.*