

Pathways

A Healing Center

Virtual Programming Calendar of Services

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SPECIAL OFFERING

HEALTH CARE FROM A BLACK PERSPECTIVE (VIRTUAL)

**with Talaya Dendy, Cancer Thriver,
Personal Cancer Doula**

Wednesday, October 13, 2021

6:30 PM - 8:00 PM



Pathways' Building Temporarily Closed

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

Virtual Programming

Pathways programming is 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.

The medical community's relationship with Black Americans has a troubled history that is still apparent today. There have been many instances of medical abuse and involuntary medical experimentation on Black people. Some examples are the Tuskegee study of untreated syphilis in Black men, samples of Henrietta Lacks cancer cells being stolen and experimented on, and Black women being sterilized without their knowledge or consent. This history has paved the way for a lack of trust, respect, and equal care for Black Americans.

Talaya will share her individual experience with the health care system and health care teams, the trauma that she experienced with a MISSED diagnosis that led to a cancer diagnosis one year later, how she advocated for herself, and the importance of taking care of your mental health along the way.

This interview-style presentation will paint a picture of what it is like to navigate the health care system as a Black woman to create awareness about biases, disparities, and the importance of advocating for yourself. The hope is that this presentation will start new conversations - and reignite old ones - about the importance of quality health care for Black Americans. All are welcome.

Talaya Dendy, the Cancer Doula, is a ten-year cancer thriver and founder of [On the Other Side](#), an organization dedicated to providing personalized support and resources for people living with cancer. Talaya uses her personal experience to help bridge the gap between the emotional and medical sides of cancer.

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

Visit: <https://tinyurl.com/TD101321> 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:

- [Thursday, September 09, 2021 - 4:00 PM - 5:00 PM](#)
- [Wednesday, September 22, 2021 - 12:00 PM - 1:00 PM](#)
- [Tuesday, October 05, 2021 - 3:00 PM - 4:00 PM](#)
- [Thursday, October 21, 2021 - 1:00 PM - 2:00 PM](#)

PARTICIPANT CATEGORIES

Category 1

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

Category 2

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

Category 3

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

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

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

SCHEDULING PROCESS

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

- Participants who submit their session requests by the 25th of each month will be a part of our monthly random assignment process. Higher assignment priority is given to participants with a higher health need.
- If assigned to sessions during the randomization process, a participant will receive an automated e-mail instructing them to log into their account and review their *View My Scheduled Sessions* page. This page lists all sessions to which a participant was randomly assigned. Sessions that a participant requested, but were not assigned to, will appear on the *View My Waitlisted Sessions* page.
- Participants are required to confirm or cancel their attendance for each of their assigned sessions. Sessions may only be confirmed within the 5 days prior to a session's scheduled time. However, participants may cancel their session attendance at any time during the month.
- Not all group sessions fill to capacity. Requests made following a monthly randomization automatically add a participant's name to a session waitlist. Waitlists are used to fill open spots and last minute cancellations.
- Visit www.pathwaysminneapolis.org/home/features/virtual-how-to for additional virtual programming information and Zoom resources.

PARTICIPANT-FOCUSED CARE

We strive to provide holistic resources through hospitality, a healing environment, and administrative & programming excellence. How are we doing? We invite you to complete an online evaluation form: www.surveymonkey.com/r/PathwaysSessionEvaluation or email us directly at scheduling@pathwaysmpls.org.

Statement of Purpose:

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

Pathways' Services are Free.

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

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

Session Symbol Key & Definitions

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

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., Sept. 15, Oct. 20

1:00 PM - 2:00 PM

2:30 PM - 3:30 PM

This distance healing session begins with a check-in between provider and participant via phone or Zoom. Following the check-in, each person disconnects and the participant finds a comfortable place to relax during the distance healing. The provider works within the participant's energy field as if they were physically in front of her. When the hour is up, the provider remotely closes the session and the participant gently eases back into their day.

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

Mon., Sept. 27, Oct. 4, 11, 25

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. 14, 28, Oct. 12, 26

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. 20, Oct. 4, 18

9:30 AM - 10:00 AM

Tues., Sept. 7, 21, Oct. 5, 19

Wed., Sept. 8

Reiki is positive, universal life energy and complements any current medical regimen a person may be following. The power of Reiki is not wielded by the provider, but is directed so it activates the energy spontaneously in response to the need. Distance Reiki requires both the provider and participant to select a time where both can be relaxed. A name and date of birth will be requested so that the energy can be activated within the participant. When the session is complete, the provider will be available for feedback.

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

Tues., Sept. 14, 28, Oct. 12, 26

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., Sept. 15, Oct. 13

10:00 AM - 11:00 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.

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

Mon., Oct. 4

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

**Healing Touch (Virtual)***Jim Taylor*

Thurs., Sept. 9, 16, 23, &

12:00 PM - 12:45 PM

Thurs., Oct. 7, 14, 21, 28

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.

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

Wed., Sept. 1, 8, Oct. 6, 13

11:00 AM - 12:00 PM
12:30 PM - 1:30 PM

Healing Touch 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.

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

Tues., Sept. 21, Oct. 5, 19

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., Sept. 2, Oct. 7

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., Oct. 5, 12, 19

10:00 AM - 11:00 AM
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., Oct. 6, 13, 20

11:00 AM - 12:00 PM
12:30 PM - 1:30 PM

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

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

Wed., Sept. 8, 15, 22, &

9:30 AM - 10:30 AM

Wed., Oct. 6, 13, 20

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*

Sat., Sept. 18, Oct. 23

10:30 AM - 11:00 AM

11:15 AM - 11:45 AM

12:00 PM - 12:30 PM

Reiki is a Japanese stress reduction & relaxation technique that promotes healing. It gives you a feeling of peace, comfort and a sense of wellbeing. Normally, this is a hands-on experience but virtually the Reiki energy will be sent to you via 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*

Wed., Sept. 8, Oct. 6

10:00 AM - 10:45 AM

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

**Shamanic Healing Sessions (Virtual)***Valerie Ohanian*

Thurs., Sept. 2, 9, Oct. 14, 21

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*

Fri., Sept. 10

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Tues., Oct. 12

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.

VIRTUAL ONE-TO-ONE (1-1) SESSIONS (CONT'D) **Spirit Allies (Virtual)**

Jan Page
Wed., Sept. 8, 22, Oct. 13, 27 1:00 PM - 2:15 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.

 **The Gift of Listening (Virtual)**

Karen Anderson
Tues., Sept. 14, 28, Oct. 12, 26 1:00 PM - 2:00 PM
In this session you are invited to a safe, sacred space to explore your path, embrace your story and begin to hear your truth in the questions your life is presenting. All will be held gently and without judgement so you may begin to hear your inner voice and experience the peace and freedom to be you.

 **Too Much Togetherness (Virtual)**

Barbara McCleary
Mon., Sept. 13, 27, Oct. 11, 25 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)**

Myo-O Marilyn Habermas-Scher
Wed., Sept. 15, Oct. 13 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.

*Your own positive future begins in this moment.
All you have is right now.
Every goal is possible from here.*

- Lao Tzu

VIRTUAL GROUP SESSIONS

(Listed alphabetically by session title)

 **Book Club: The Actor by Don Miguel Ruiz (Virtual)**

Christine Smith Sanchez Peterson
Wed., Sept. 8, 15, 22, 29, Oct. 6, 13 11:00 AM - 12:30 PM
Imagine if you could create a new script for your life. Don Miguel Ruiz, author of the Four Agreements and mythical Mexican Shaman, returns with his most important work, a course for students on the mystery of life, designed to provoke an inner revolution. This book explores the human drama as well as the role each of us plays in it. He believes we choose the roles we play, in different situations and for different people. But we can step away from these roles to life more fully and authentic. Ruiz teaches awareness in order to modify our behaviors that are not serving our greater good.

 **6 session series.**

 **Breathing to Enhance Your Energy, Mood, & Memory (Virtual)**

Deanna Reiter &/or Troy Stende
Thurs., Sept. 9 12:00 PM - 1:00 PM
Discover techniques that are easy to integrate to become more energized, less stressed and happier. Learn simple, yet powerful techniques that can be done anytime and anywhere to create more productivity and creativity in your life. You will leave with new skills that are instantly implementable and provide long-term gain based on the latest mindfulness research.

 **Chair Yoga Therapy (Virtual)**

Julie Shannon Williams
Mon., Sept. 13, 27, Oct. 11, 25 11:00 AM - 12:00 PM
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.

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

Jose Alba Hernandez
Tues., Sept. 14, Oct. 12 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.

VIRTUAL GROUP SESSIONS (CONT'D)

**Courageous Writers Group (Virtual)**

Tues., Sept. 7, Oct. 5

Jeanne Bain

1:00 PM - 2:30 PM

Your personal healing journey has many colorful and interesting layers, some joyful, some painful, all very rich. We can infuse our words with humor and delight and at other times we can dig deep into our pain and discomfort. All types of stories are welcome here, as are writers at any level of experience. Join this group of writers to stretch & strengthen your writing muscles and be in community.

**Creative Journaling (Virtual)**

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

Kate

Wolfe-Jenson

10:00 AM - 12:00 PM

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.

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

Fri., Oct. 15

Kate

Wolfe-Jenson

10:00 AM - 12:00 PM

Has becoming ill detoured you from the life you planned? Health crises can rearrange your priorities, giving rise to anger, sadness or confusion. Using creative journaling and meditation, we'll explore our journeys and uncover kind practices and promises that can invite resilience and move you toward self-compassion and joy. Please have your journal or a notebook on hand.

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

Fri., Sept. 17

Kate

Wolfe-Jenson

10:00 AM - 12:00 PM

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

**EFT (Emotional Freedom Technique): Tapping For Good Living (Virtual)**

Tues., Sept. 14, 21, 28, Oct. 5, 12, 19



Christine Smith

Sanchez Peterson

11:00 AM - 12:30 PM

EFT (Tapping) involves making a set up statement while tapping different points along meridian paths. EFT's primary principle is that the cause of all negative emotions is a disruption in the body's energy system. By tapping on locations where a number of the meridians flow, we are able to release negative emotions, beliefs and memories which cause blockages.

6 session series.

**Exploring Isolation & Connection (Virtual)**

Mon., Sept. 13, Oct. 11

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 Acceptance within the Impermanence of Your Chronic Condition (Virtual)**

Tues., Sept. 28, Oct. 12, 26



Lesley Koehnen

1:00 PM - 2:30 PM

Chronic Conditions often are wrought with on-going change. In this 3 session group series we will focus on finding acceptance while living with an ever-changing (sometimes daily) chronic disease. Please come with paper and a pen or pencil.

3 session series.

**Finding Your Soul Path (Virtual)**

Tues., Sept. 7, 14, 21, 28, Oct. 5, 12

Sue Salmela &

Mary Sanders

10:30 AM - 12:00 PM

We each have our own path in life with a unique set of challenges and opportunities. This six-week class will help you wake up to your personal soul path and guide you toward refining it. Each week a new soul trait will be introduced and explored. This program is based on the Jewish spiritual path of Mussar. **6 session series.**

**Grieving Our Losses (Virtual)**

Thurs., Sept. 16, Oct. 21

Karen Greer

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".

**Habits for a Resilient Brain (Virtual)**

Thurs., Sept. 16, Oct. 28

Lisa Kane

3:30 PM - 4:45 PM

Health habits and daily rituals can keep us grounded. Our best defense, during these times of historical-scale pressures, is routine and habits that stick. Health behaviors are at the center of this session, but other coping practices are valued too. Please come for a creative discussion and an open mind for habits that heal.

VIRTUAL GROUP SESSIONS (CONT'D)

Healing Support for the Emotions (Virtual)

Mon., Oct. 4 Valerie Lis
5:00 PM - 7:00 PM

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

Healthy and Simple Meals (Virtual)

Tues., Sept. 21 Mariola Minta
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 plant based diet and no gluten/low carbs alternatives will be mentioned if needed.

Holding Difficult Emotions with Kindness & Compassion (Virtual)

Thurs., Oct. 7 Spruce Krause
10:30 AM - 12:30 PM

Learn simple tools to hold your inner and outer life with more gentleness, reduce stress and fear and promote a kinder way of being. Together we will explore and try on different ways to take care of ourselves during challenging times. Have some paper and colors (crayons, markers, etc) handy, for a simple written exercise.

Inspiration and Gratitude (Virtual)

Wed., Sept. 1, 15, 29, Oct. 13, 27 Stephanie Siddiqui
11:30 AM - 12:30 PM

Let us gather in a virtual circle to share inspiration and gratitude. Please join us for a centering meditation with some movement as well as inspiration from art and words. We'll follow with a grateful discussion centered around a theme for deeper, heartfelt reflection.

Integrate Meditative Movements Into Your Daily Routine (Virtual)

Tues., Sept 14, 28, Oct. 12, 26 Ellie Peterson
9:30 AM - 10:00 AM

You will practice Meditative Movements which have been shown to reduce anxiety, depression and fatigue while improving emotional and functional well-being per a 2017 University of Minnesota research study. The technique uses movements which are adaptable to anyone's physical ability and combines them with the breath and spoken core value affirmations.

Introduction to Shamanic Journeying (Virtual)

Tues., Sept. 28 Valerie Ohanian
6:30 PM - 8:30 PM

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

Meditations for Self-Compassion (Virtual)

Tues., Oct. 19 Lisa Venable
11:00 AM - 12:00 PM

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

Mindful Practices for Stress Release: Breath Awareness (Virtual)



Thurs., Oct. 5 Susan Flannigan
9:30 AM - 10:00 AM

Experience five mindful practices that utilize breath awareness. These can be done through the day to re-balance the autonomic nervous system. Turning off the overactive stress response, we can switch on the relaxation response.

Mindful Practices for Stress Release: Mindful Movement (Virtual)



Thurs., Oct. 12 Susan Flannigan
9:30 AM - 10:00 AM

These 18 gentle movements build mindful awareness, connecting mind - body - heart. The movements energize and release strain. We begin and end by bringing the healing energy of kindness into the body.

Mindful Practices for Stress Release: Finger Holds (Virtual)



Thurs., Oct. 19 Susan Flannigan
9:30 AM - 10:00 AM

The roots of emotions may be unconscious and its source may not be clear such as a residual sadness from losing a childhood pet. As feelings come to the surface, we can hold the emotion associated with each finger. Without resisting or pushing anything away we process the excess energy and draw in comfort, courage and compassion when faced with sadness, fear and anger.

VIRTUAL GROUP SESSIONS (CONT'D)

Mindful Practices for Stress Release: Pal Dan Gum (Virtual)



Thurs., Oct. 26

This mindful movement practice is a series of ancient exercises that come from China and Korea. Known as the "Eight Silken Movements" Pal Dan Gum has been used for thousands of years to promote vibrant health, strength, longevity, and spiritual awareness.

Susan Flannigan

9:30 AM - 10:00 AM

Practical Wellness: The Art of Creating Balance (Virtual)

Tues., Oct. 26

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.

Mariola Minta

10:00 AM - 11:30 AM

Ready for Anything Nutrition (Virtual)



Wed., Sept. 1

Tues., Oct. 19

Establishing new eating patterns or modifying your health with basic food habit changes requires creativity. This discussion will include tips, tricks and practices that support transitioning to healthier habits. Some include more than nutrition, but the discussion will center around where common pitfalls sabotage eating habits and how to replace them with strong healthy behaviors. We will touch on planning ahead, food shopping, batch cooking and other perspectives on what food brings and does for us.

Lisa Kane

1:00 PM - 2:15 PM

11:00 AM - 12:15 PM

Shamanic Drumming Circle (Virtual)

Sat., Sept. 18, Oct. 16

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.

Lin Butler &/or

Valerie Ohanian

7:00 PM - 9:00 PM

Sound of Soul Chant (Virtual)

Mon., Oct. 4

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.

Linda Duncanson

11:00 AM - 12:00 PM

Spiritual Self Talk (Virtual)

Tues., Sept. 21

Create a deeper knowing of the spirit's voice of love and be able to override the negative inner critic and/or stressful voice of the "ego." You can stop old belief systems by growing the voice in your heart, cultivating new feelings of worthiness, trust and self-acceptance. The spirit speaks from love and possibility and offers a whole new experience of life. Learn to be free from fear and negativity and better handle any challenge that life throws your way.

Lisa Venable

11:00 AM - 12:00 PM

Spring Forest Qigong Healing Circle (Virtual)

Sat., Sept. 11, Oct. 9

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.

Gadu Doushin

11:00 AM - 12:00 PM

Spring Forest Qigong Healing Circle and Practice Group (Virtual)

Mon., Sept. 13, 20, 27, Oct. 4, 11, 18

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.

Barb Palmer

1:00 PM - 2:00 PM

Tai Chi & Qigong Practice (Virtual)

Wed., 1, 15, 29, Oct. 13, 27

Enjoy slow graceful movements that create inner and outer balance, strength, and vitality. In each session, the provider will incorporate positive thoughts, breath work, qigong movements, and healing forms from Tai Chi for Health - a program endorsed by many health organizations.

Stephanie Siddiqui

10:00 AM - 11:00 AM

VIRTUAL GROUP SESSIONS (CONT'D)

 **Tai Chi Chih for Health (Virtual)**

Fri., Sept. 10, 17, 24, &
Fri., Oct. 1, 8, 15, 22, 29

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.

Marlena Vernon
9:30 AM - 10:30 AM

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

Wed., Sept. 29, Oct. 27

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.

Kate Jackson
1:00 PM - 3:00 PM

We will not be identifying individual Enneagram types in this workshop, but you can take the RHETI test through the Enneagram Institute to get started on identifying your type.

<https://www.enneagraminstitute.com>

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

Mon., Sept. 20, 27, Oct. 4, 11, 18, 25

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.

Cass McLaughlin
9:00 AM - 9:45 AM

 **Writing for Healing (Virtual)**

Thurs., Sept. 9, 23

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.

Wendy Brown-Baez
1:00 PM - 2:30 PM

 **Yin Energy Yoga (Virtual)**

Mon., Oct. 11

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.

Linda Duncanson
11:00 AM - 12:00 PM

IN-PERSON GROUP SESSION

 **Forest Bathing (In-Person)**

Wed., Sept. 22

You will be guided on an immersive, meditative, and therapeutic forest walk based on the Japanese practice of Shinrin Yoku. Slow down and connect your senses to the healing, stress-reducing beauty of a little-known corner of Minneapolis' green forested spaces.

David Motzenbecker
10:00 AM - 12:00 PM

Please note: this session will be held in-person at [Wood Lake Nature Center in Richfield, MN](#). Participants responsible for own transportation to/from site.

SPECIAL VIRTUAL SERIES OFFERING



RENEWING Life™

 **Renewing Life™ (Virtual)**

Robin Hartwell, Certified Facilitator

Wed., Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10

[8 session series. Commitment to all 8 weeks is required.]

10:00 AM - 12:00 PM

Renewing Life™ is a program designed to empower individuals to live well amidst life-threatening or chronic physical illness as well as challenging life transitions. Weaving together holistic tools and life experiences, Renewing Life™ invites individuals to discover and create new ways of being within a supportive environment.

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

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.

Visit: <https://tinyurl.com/RLFall-21> to register today!

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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.