



# Pathways

A Healing Center

3115 Hennepin Avenue South  
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[www.pathwaysminneapolis.org](http://www.pathwaysminneapolis.org)

Tim Thorpe, Executive Director

Erica Nelson, Program Manager

Dan Averitt, Office Manager

Margaret Miles, Development Manager

Laura Nelson, Administrative Coordinator

## Building Hours

### **Program Hours:**

Mon - Thurs: 9:30 am - 7 pm

Fri: 9:30 am - 5 pm

Sat: 10 am - 4 pm

Sun: closed

### **Drop-in Hours:**

Mon - Thurs: 9 am - 7 pm

Fri: 9 am - 3 pm

Sat: none

Sun: closed

### **November & December 2018 Building Closures:**

Thurs, Nov. 1 - Administrative Focus Day

Thurs - Sun, Nov. 22 - 25 - Thanksgiving Holiday

Thurs, Dec. 6 - Administrative Focus Day

Sat, Dec. 22, 2018 - Tues, Jan. 1, 2019 - Holiday Break

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

### **Statement of Purpose:**

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

## SPECIAL OFFERINGS



### **MIGRAINE HEADACHES: AN INTEGRATIVE APPROACH TO GAINING CONTROL**

**Thurs., Nov. 15, 2018**

**6:30 PM - 8:30 PM**

**Facilitated by Jessica Fashant-Peterson**



Please join us for an interactive, educational session that can help you decrease the frequency and intensity of migraine headaches. We will learn about the threshold theory, how to improve conversations with your health care provider as well as uncover triggers. In addition, we'll explore physical techniques and lifestyle changes to both prevent and recover from migraines.

**\$15 suggested donation payable day of the event.  
Session randomly assigned.**

**Request via online account or paper registration form.**



### **REMEMBRANCE RITUAL**

**Wed., Nov. 28, 2018**

**6:30 PM - 8:00 PM**

**Facilitated by Anne Archbold  
& Marilaurice Hemlock**



You are warmly invited to gather at Pathways for a time of remembering during a season in which the inevitable losses of life can feel magnified. Join Pathways community members in an intentional time of remembering and optional sharing of memories. Gratitude, stillness and the darkness/light of our natural world will guide our time together.

**Registration unavailable online.  
Please call 612-822-9061 to sign-up.**

## 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](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 specified monthly deadline:
  - 1) Nov. requests must be made by Oct. 25, 2018
  - 2) Dec. requests must be made by Nov. 25, 2018
- Those without computer access may submit a registration request form by fax, mail, or in person. Blank registration request forms are available in Pathways' library area or may be mailed to Participants upon request.

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

## SCHEDULING PROCESS

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

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

### Computer Registration Deadlines:

- 1) Nov. requests must be made by Oct. 25, 2018
- 2) Dec. requests must be made by Nov. 25, 2018

### 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

- Fri., Nov. 2 . . . . . 12:00 PM - 1:00 PM
- Fri., Nov. 9 . . . . . 2:00 PM - 3:00 PM
- Thurs., Nov. 15 . . . . . 4:00 PM - 5:00 PM
- Tues., Nov. 20. . . . . 10:30 AM - 11:30 AM
- Thurs., Nov. 29. . . . . 11:30 AM - 12:30 PM
- Tues., Dec. 4 . . . . . 5:30 PM - 6:30 PM
- Tues., Dec. 11 . . . . . 11:00 AM - 12:00 PM
- Thurs., Dec. 20 . . . . . 6:30 PM - 7:30 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 or Paula Sandberg**

**Thurs., Dec. 13 - 6:00 PM - 8:30 PM**

**Fri., Dec. 14 - 10:00 AM - 12:30 PM**

**Reframing Holiday Beliefs**

In this Transitions program, we’ll discuss the notion that the holidays are the “most wonderful time of year,” when in reality they may not be. Learn how to reframe your expectations to build more resilience when facing holiday melancholy and depression.

Transitions is an educational/informational program. Transitions is not a therapy or a support group.

**Participation in Transitions requires prior completion of the Renewing Life™ program.**

**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


**Celebrate You -  
Self Portrait Collage**

Tues., Nov. 6

Create a Self-Portrait Collage with images, symbols, words and quotes that will reflect who you are.....your dreams, wishes, passions, and all that is important to you. All supplies will be furnished. No art experience is necessary. **Session held in the lower level, so Participants must be able to navigate stairs to access class.**



Gloria Larsen

10:00 AM - 11:45 AM


**Creating Your  
Legacy through Art**

Thurs., Nov. 8

In this special offering, you'll have the opportunity to have fun while creating an art object that expresses your personal values. We'll create similar (yet distinct) legacy projects together.

Susan O'Conner-Von,  
Kathy Henderson, &  
Diane Hendrickson

6:00 PM - 8:30 PM


**Creative Journaling:  
Befriending Your Journey**

Thurs., Dec. 13

Has becoming ill detoured you from the life you planned? Health crises rearrange our priorities, giving rise to anger, sadness or confusion. Using creative journaling and meditation, we'll explore our journeys and integrate our experience into healing stories. Please bring your journal or a notebook.

Kate Wolfe-Jenson

10:00 AM - 12:00 PM


**Creative Journaling:  
Befriending Your Mind**

Thurs., Nov. 15

Are you sometimes beset by fears, anxiety and other "negative" emotions? Learn how your journal can become a tool for practicing self-compassion. We'll use simple creative journaling and meditation techniques to help you uncover kind practices and promises that can transform your interior experience and move you toward joy. Please bring your journal or a notebook.

Kate Wolfe-Jenson

10:00 AM - 12:00 PM


**Finding Your Healing Story**

Thurs., Nov. 15

In this healing and playful session discover the imaginative stories within and create fictional characters to foster growth and increase self-awareness. This mind/body/energy approach is helpful in dealing with physical pain, tension and the contradictory forces faced when dealing with illness.

Andre Heuer

9:30 AM - 11:30 AM


**Messing Around  
with Art and Crafts**

Thurs., Nov. 29, Dec. 20

Take time to relax and unwind. Explore different ways to make colorful papers, cards, collages, wall hangings and journals. Each class will begin with a short demonstration. All materials will be provided. No art or craft experience necessary. Let's play and have fun! (We could get messy, so please dress accordingly). **Session held in the lower level, so Participants must be able to navigate stairs to access class.**

Karen Nurnberger

1:30 PM - 3:30 PM


**Open Art Studio**

Tues., Nov. 6, 20, Dec. 4, 18

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. **Class held in Pathways lower level. Participants must be able to navigate stairs in order to access services.**

Erica Nelson or  
Lorrie Ogren

1:30 PM - 4:00 PM


**Writing for Healing**

Thurs., Nov. 8, 29, Dec. 13, 20

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

Wendy Brown-Baez

1:00 PM - 2:30 PM

## BODYWORK


**Acupuncture**

Mon., Nov. 5, 12, 19

Mon., Nov. 26, Dec. 3, 10

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)**

Session times vary.

See online system  
for specifics

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


**Rosen Method Bodywork**

Mon., Nov. 5, 19, Dec. 3, 17

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.

JanMarie Roehl

9:30 AM - 10:30 AM

10:45 AM - 11:45 AM



**BODYWORK (CONT'D)**

 **Shiatsu Massage** *Mary LeSourd*  
 Mon., Nov. 12 2:00 PM - 3:15 PM  
 3:30 PM - 4:45 PM  
 Mon., Dec. 10 10:00 AM - 11:15 AM  
 11:30 AM - 12:45 PM

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

 **Therapeutic Massage** *Mollie Newhouse*  
 Wed., Nov. 14, Dec. 12 2:30 PM - 3:30 PM  
 3:45 PM - 4:45 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*  
 Mon., Nov. 12 6:00 PM - 7:30 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., Nov. 13, 27, Dec. 4, 18 1:00 PM - 2:00 PM  
 2:30 PM - 3:30 PM

**Bio-Energy Healing** *Ann Agrimson*  
 Wed., Nov. 14, Dec. 19 1:00 PM - 2:00 PM  
 2:30 PM - 3:30 PM

 **Energy Healing** *Peggy Dufour*  
 Tues., Nov. 6, 27, Dec. 4, 11, 18 4:00 PM - 4:45 PM  
 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., Nov. 13, Dec. 11 3:00 PM - 4:00 PM  
 4:00 PM - 5:00 PM  
 Receive a light, relaxing energy healing that is intuitively designed for your energy system. This session will assist in renewing and reassuring you of your own unique gifts.

 **Energy Healing With Intention** *Dennis Searle*  
 Wed., Nov. 7, 14, 28, Dec. 12, 19 1:00 PM - 1:45 PM  
 2:00 PM - 2:45 PM  
 3:00 PM - 3:45 PM

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

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

**Healing Touch** *Jim Taylor*  
 Thurs., Nov. 8, 15, 29, Dec. 13, 20 12:00 PM - 12:45 PM  
 Wed., Nov. 21 1:00 PM - 1:45 PM

**Healing Touch** *Mary Johnson*  
 Thurs., Nov. 8, 15, Dec. 20 1:00 PM - 1:45 PM  
 2:00 PM - 2:45 PM  
 Thurs., Dec. 13 2:00 PM - 2:45 PM  
 3:00 PM - 3:45 PM

**Healing Touch** *Niels Billund*  
 Wed., Nov. 14, 28, Dec. 12 5:30 PM - 6:30 PM

**Healing Touch** *Pamela Searles*  
 Thurs., Nov. 8 10:00 AM - 11:00 AM  
 11:15 AM - 12:15 PM

**Healing Touch** *Susan Martin*  
 Mon., Nov. 5 & Wed., Nov. 7 9:30 AM - 10:15 AM  
 10:30 AM - 11:15 AM

**ENERGY HEALING (CONT'D)****Healing Touch & Reiki**

Wed., Nov. 7, 21

*Liz Flavin*

4:00 PM - 5:00 PM

5:15 PM - 6:15 PM

Healing Touch and Reiki are heart centered, nurturing energy therapies that support the body's natural ability to heal. You will be asked to set a healing intention for the session. Then the practitioner will use gentle hands on and/or hands off techniques to balance your physical, mental, emotional and spiritual well-being.

**Mind Clearing & Energy Restoration**

Thurs., Nov. 8, 15, Dec. 20

*Diane Hendrickson*

9:30 AM - 10:30 AM

10:45 AM - 11:45 AM

Experience peace of mind and restoration of spirit from a Hands on energy healing session where you can pick from Healing Touch, Qi-ssage and/or a Gentle Hand and Foot Massage, or have all three. This session typically helps people sleep better and feel more at peace. It is given lovingly.

**R&R: Rejuvenate & Revitalize**

Fri., Nov. 9, Dec. 7

*Cheryl Gebhart*

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

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

**Reiki**

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

**Reiki**

Sat., Nov. 10

*Aurea Gerard*

10:00 AM - 10:30 AM

10:45 AM - 11:15 AM

11:30 AM - 12:00 PM

**Reiki**

Mon., Nov. 12, Dec. 10

*Cindy VanDrasek-Pai*

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

**Reiki**

Thurs., Nov. 8, Dec. 13

*Colleen Beggan*

11:00 AM - 11:45 AM

**Reiki**

Thurs., Nov. 8, 29, Dec. 13, 20

*Naum Tsypis*

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

**Reiki**

Tues., Dec. 4

*(Team Reiki) Mary Moldestad,**Linda Snyder, & Lynn Soley*

6:30 PM - 7:15 PM

7:30 PM - 8:15 PM

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

Tues., Nov. 6, 13, 20, 27, &amp;

10:00 AM - 11:00 AM

Tues., Dec. 4, 11, 18

11:00 AM - 12:00 PM

Relax on a bodywork table or seated in a chair, fully clothed.

This energy work facilitates movement in the energy body based on the needs of your soul, your intent or the present moment. You will gain a measure of insight into, and release from, anxieties, tensions, grief, fear, pain.

**Spring Forest Qigong Energy Balancing***Barb Palmer*

Mon., Nov. 12, 19

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., Nov. 8, Dec. 13

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., Nov. 16, 30, Dec. 14

2:15 - 2:45 PM

2:45 - 3:15 PM

3:15 - 3:45 PM

3:45 - 4:15 PM

Participant may choose SFQ Energy Healing, Qi~ssage or combo of both. During an Energy Healing, the Provider moves his hand several inches from your body to detect and help remove energy blockages. During Qi~ssage the Provider will use light pressure and massage, along with the power of the mind and heart to stimulate key energy points on your head, shoulders, back, arms, hands, hips, legs, and feet in a specific order.

**Spring Forest Qigong Healing Circle***Gadu*

Fri., Nov. 16, 30, Dec. 14

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, &amp; NUTRITION

 Life Coaching

Carla Beach

Tues., Dec. 4, 11, 18 (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. 

 Integrative Wellness Circle

Erin O'Meara

Tues., Nov. 27, Dec. 11 1:00 PM - 2:30 PM

Tap into the healing power of community and whole foods nutrition while we explore resources and develop practices for a healthy lifestyle. This group is a great fit for you if you have a strong motivation for lifestyle change and are interested in participating in a private online support community.

## MEDITATION, IMAGERY &amp; INNER PRACTICE

 Crystal Singing  
Bowl Sound Bath

Karen Norum

Tues., Dec. 11 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.

 Introduction to  
Shamanic Journeying

Valerie Ohanian

Tues., Nov. 6, Dec. 18 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.

 Letting Go:  
The Ultimate Spiritual Practice

Lisa Venable

Tues., Nov. 13 1:00 PM - 2:30 PM

Learning to let go is the quickest way to shift what you are experiencing and manifest what you truly want. You will learn a process for releasing difficult emotions, pain and negative thoughts. Letting go gives you the ability to deal with any challenge in a more powerful way! Includes simple meditations and techniques based on the Letting Go book by David Hawkins.

 LovingKindness Meditation

Andrew Litchy

Mon., Nov. 5, 19, Dec. 3, 17 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., Dec. 13 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., Nov. 17, Dec. 15 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 session. Participants may want to follow [www.palousemindfulness.com](http://www.palousemindfulness.com) a self-directed MBSR program that is available online in between the monthly practices. **Drop-in group.** ↓

 Sandplay:  
Solstice & New Year Intentions

Patricia Brenneman

Wed., Dec. 19 1:30 PM - 4:00 PM

Use sandplay, poetry, meditation and ritual to celebrate solstice and the transition into a new year. Intention-setting for the upcoming new year will be woven into our time; we will explore planting seeds, dreams and intentions in the darkness of winter, trusting that indeed spring will come. **This class is held in Pathways lower level. Participants must be able to navigate stairs in order to access services.**

 Shamanic Drumming Circle

Lin Butler &amp;/or

Valerie Ohanian

Sat., Nov. 17, Dec. 15 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.

**MEDITATION, IMAGERY & INNER PRACTICE (CONT'D)****Sound of Soul Chant***Linda Duncanson Miller*

Mon., Nov. 5, Dec. 3

11:00 AM - 12:00 PM

Experience the sound of Soul through chanting. HU is the Sound behind all sounds, woven into the language of life. 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.

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

Thurs., Nov. 8

10:00 AM - 11:30 AM

Thurs., Dec. 13

3:00 PM - 4:30 PM

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

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

Wed., Nov. 7, 14, 28, Dec. 12, 19

1:00 PM - 2:00 PM

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

**Conversational Labyrinth***Helen Cleveland*

Thurs., Nov. 8, 29, Dec. 13

12:00 PM - 1:00 PM

1:15 PM - 2:15 PM

An invitation to release what doesn't serve you on the way in, receive what is waiting for you at your own center, and return with courage and strength to offer your best self to the world.

**Heal the Hurt***Valerie Lis*

Mon, Nov. 19

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.

**Shamanic****Healing Sessions***Valerie Ohanian*

Tues., Nov. 6 &amp; Thurs., Dec. 13

2:00 PM - 2:45 PM

3:00 PM - 3:45 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.

**Spirit Allies***Jan Page*

Wed., Nov. 14

2:00 PM - 3:15 PM

3:30 PM - 4:45 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. Please wear clothing washed and dried without scents.

**Voice Healing***Myo-O Marilyn Habermas-Scher*

Wed., Nov. 21, Dec. 19

9:30 AM - 10:15 AM

10:30 AM - 11:15 AM

Rest on a massage table, fully clothed, and receive a dynamic vibrational massage through vocal sound and singing.

**Wisdom Tools***Trish Herbert*

Wed., Nov. 7, 28, Dec. 19

3:00 PM - 4:00 PM

4:00 PM - 5:00 PM

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

**Awakening Happiness***Spruce Krause*

Fri., Dec. 7

10:00 AM - 12:00 PM

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



**MIND-BODY-SPIRIT HEALING (CONT'D)** **Finding Your Way  
for the Rest of Your Life**

*Carol Anderson*  
Tues., Nov. 27, Dec. 18 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.** ↓

 **Gong Bath**

*Michele Anderson*  
Wed., Nov. 14 5:00 PM - 6:00 PM  
Sat., Dec. 15 1:30 PM - 2:30 PM  
The parasympathetic nervous system is ruled by sound. The vibrations of the Gong create deep relaxation, regenerate the parasympathetic nervous system, balance the glandular system, and calm the mind. Class includes gentle yoga followed by a 40-minute Gong bath.

 **Healing Support  
for the Emotions**

*Valerie Lis*  
Mon., Nov. 19 5:00 PM - 7:00 PM  
Emotional Freedom Techniques (EFT) is a simple method to dissolve stress. It also helps eliminate or reduce chronic pain and discomfort. Participants learn to self-treat by tapping acupressure points with the fingertips, while working on personal stressors.

 **Qi Breathing Workshop**

*Deanna Reiter & Troy Stende*  
Tues., Nov. 13 10:30 AM - 12:30 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.

 **The WarmFeet Intervention**

*Birgitta Rice*  
Thurs., Nov. 8, & Tues., Dec. 11 1:00 PM - 2:15 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.

 **Word Horse  
Coaching Card Circle**

*Beth Peterson*  
Wed., Nov. 7, 21, Dec. 12 1:00 PM - 2:15 PM  
This group coaching circle is guided by a 36 card deck, each card with a different word. Working with a card, you will learn a body centering practice, answer powerful questions on the card and experience the felt sense of the word to help you with a situation in which you want to receive guidance.

**MOVEMENT & GUIDED PRACTICE** **Kundalini  
Yoga and Meditation**

*Jane Matteson*  
Sat., Nov. 10 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**

*Pete and Jan Girard*  
Mon., Nov. 5, 12, 19, 26, & 9:30 AM - 10:30 AM  
Mon., Dec. 3, 10, 17  
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.** ↓

 **Seated Yoga for  
Emotional Balance and Relaxation**

*Joyce Gudding*  
Wed., Nov. 7, 14, 28, Dec. 12, 19 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  
Healing Circle & Practice Group**

*Barb Palmer*  
Mon., Nov. 5, 12, 19, 26, Dec. 3, 10, 17 1:00 PM - 2:15 PM  
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.** ↓

**MOVEMENT & GUIDED PRACTICE (CONT'D)** **Spring Forest Qigong Practice Group with Healing Circle** *Laura Randall*

Wed., Nov. 7, Dec. 19 1:00 PM - 2:00 PM

Experience Qigong healing movements and meditations to increase vitality, improve physical health, balance emotions, and elevate your spiritual life. Each class begins with gentle healing movements and deep breathing followed by a meditation healing circle with energy balancing assistance.

**Drop-in Group.** ↓ **Advanced Tai Chi** *Eddy Wilbers*

Mon., Nov. 5, 12, 19, 26, &amp; 4:00 PM - 5:00 PM

Mon., Dec. 3, 10, 17

Tai Chi is a centuries-old martial art form that teaches us to harmonize our body, mind, and spirit. Students will expand their previous experience with Tai Chi and begin to explore the Cheng Man ching style short form. Students attending this class should be experienced in Tai Chi and able to practice warm-up movements without assistance. **Drop-in Group.** ↓

 **Intro to Tai Chi** *Eddy Wilbers*

Tues., Nov. 6, 13, 20, 27, &amp; 4:00 PM - 5:00 PM

Tues., Dec. 4, 11, 18

Returning and beginning students will benefit from an exploration of basic movements, stretches, and exercises that represent the roots from which our Tai Chi practice will grow. Students will receive hands-on instruction and are encouraged to wear loose-fitting clothing. **Drop-in Group.** ↓

 **Tai Chi for Better Health - Seated**  *Stephanie Siddiqui*

Tues., Nov. 6, 20, Dec. 4, 18 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., Dec. 15 10:00 AM - 11:00 AM

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., Nov. 12, Dec. 10 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, OR LOSS** **Writing Your Health****Care Directive** *Gay Moldow*

Tues., Nov. 6, 13, &amp; 9:30 AM - 11:30 AM

Tues., Dec. 11, 18

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.

 **Circle of Hope** *Sue Salmela &/or Mary Baker*

Wed., Nov. 7, 14, 21, 28 11:00 AM - 12:30 PM

Join us in this ongoing group as we explore healing and hope. We will share our stories and challenges with the expectation that telling our story will be healing for ourselves and each other. We will identify what draws us forward giving us hope. Brief meditation, readings, and gratitude are included.

**Drop-in Group.** ↓ **Speaking of Death: Options and Conversation** *Anne Archbold &/or Marilaurice Hemlock*

Wed., Nov. 7 4:00 PM - 5:30 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.



## ON-GOING PILOT PROGRAM



### ↓ **Caregivers: Navigating Together**

**Mon., Nov. 26, Dec. 10**

**6:00 PM - 7:30 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. Both 'talkers' and 'listeners' welcome.

Nov. 26: *Healing Touch for Self-Care and Beyond*  
with Mary Johnson

Dec. 10: *Finding Gifts in Holiday Stress as Caregivers*  
with Christine Sanchez

**All sessions co-facilitated by  
Erica Nelson, Program Manager**

**Sessions randomly assigned.**

**Request via online account or paper registration form.**



*Kindness in words creates  
confidence.*

*Kindness in thinking creates  
profoundness.*

*Kindness in giving creates  
love.*

*-Lao Tzu*

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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.*

### **PARTICIPANT-FOCUSED CARE**

We strive to provide holistic resources through hospitality, a healing environment, and administrative & programming excellence. How are we doing? We invite you to fill out a blue evaluation form located in any room throughout the building or you may talk directly with any staff member.

# Pathways

A Healing Center

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

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Return Service Requested



Healing Within.  
Renewing Life.

*November & December 2018*  
*Calendar of events, programs, and services*



## **PATHWAYS' HOLIDAY OPEN HOUSE**



***Wednesday, December 5th, 2018***

***1:00 PM -5:00 PM***

You are warmly invited to join participants, volunteers, supporters, & community members as we gather together for our 29th annual seasonal open house. The afternoon will include Holiday music, creative activities in which to participate, and, of course, light refreshments as we celebrate the season with festivity and gratitude. We look forward to seeing you!

