



Pathways

A Healing Center

3115 Hennepin Avenue South
Minneapolis, MN 55408

Voice: (612) 822-9061

Fax: (612) 824-3841

www.pathwaysminneapolis.org

Tim Thorpe, Executive Director

Erica Nelson, Program Manager

Dan Averitt, Office Manager

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

September & October 2018 Building Closures:

Sat-Mon, Sept. 1-3 - Labor Day Holiday Break

Thurs, Sept. 6- Administrative Focus Day

Thurs, Sept. 20 - Pathways will close at 3 PM

Sat, Sept. 29 - Administrative Programming

Thurs, Oct. 4 - Administrative Focus Day

Sat, Oct. 27 - Administrative Programming

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

Statement of Purpose:

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

NEW OFFERING



↓ **Caregivers: Navigating Together A Pilot Program**

Mon., Sept. 17, Oct. 1, 15

6:00 PM - 7:30 PM



At Pathways, we believe caregivers have needs that are equal to those of the person for whom they are caring. *Caregivers: Navigating Together* is a space for caregivers to gain support and develop new tools on the journey of Caregiving. Caregivers can be spouses, partners, parents, children, friends, PCAs and more. If you identify as a caregiver, we hope you will join us for one or all of the upcoming sessions.

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.

- **September 17: *Exploring Grief as Caregivers* with Carla Beach**
- **October 1: *Healthy Caregiving: Skills for Self-Care* with Lisa Venable**
- **October 15: *Find Energy and Balance as a Caregiver* with Spruce Krause**

All sessions co-facilitated by Erica Nelson, Program Manager

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

GETTING STARTED

- New participants are required to attend the **Welcome to Pathways Orientation**. This is the essential first step before registering for sessions at Pathways. See page 3 for the next available dates.
- Determine your category (see descriptions at right).
- Visit our web site: www.pathwaysminneapolis.org and click on the box: "Becoming a Participant" for detailed information on how to register online.
- All computer registration requests must be submitted by the specified monthly deadline:
 - 1) Sept. requests must be made by Aug. 25, 2018
 - 2) Oct. requests must be made by Sept. 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) Sept. requests must be made by Aug. 25, 2018
- 2) Oct. requests must be made by Sept. 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

Tues., Sept. 4	2:00 PM - 3:00 PM
Thurs., Sept. 13	5:30 PM - 6:30 PM
Thurs., Sept. 20	3:00 PM - 4:00 PM
Mon., Sept. 24	11:00 AM - 12:00 PM
Fri., Oct. 5	2:00 PM - 3:00 PM
Tues., Oct. 9	1:00 PM - 2:00 PM
Thurs., Oct. 18	4:00 PM - 5:00 PM
Mon., Oct. 22	11:30 AM - 12:30 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*

- **Tues.: Sept. 18 - Nov. 6 - 10:00 AM - 12:30 PM - {Traditional Curriculum}**
- **Tues.: Sept. 18 - Nov. 6 - 6:00 PM - 8:30 PM - {Expressive Arts Curriculum}**
- **Wed.: Sept. 19 - Nov. 7 - 6:00 PM - 8:30 PM - {Traditional Curriculum}**

Please call 612-822-9061 for complete 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.

Please call Pathways (612-822-9061) to sign up!

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

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**Creative Journaling:
Befriending Your Body**

Thurs., Oct. 11 *Kate Wolfe-Jenson* 10:00 AM - 12:00 PM

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

**Creative Journaling:
Befriending Your Journey**

Thurs., Sept. 13 *Kate Wolfe-Jenson* 10:00 AM - 12:00 PM

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

**Lessons from Nature:
Resiliency Through Change**

Tues., Oct. 16 *Gloria Larsen* 10:00 AM - 11:45 AM

As we move into the Fall Season - What in nature teaches us about resiliency? Animals, birds, trees, and all of nature gives us tools and tips on how to survive change and survive during the upcoming winter months. We will create collages depicting resiliency through the use of imagery from nature. No art experience is necessary. **Session held in the lower level, so Participants must be able to navigate stairs to access class.**

**Messing Around
with Art and Crafts**

Thurs., Sept. 27, Oct. 25 *Karen Nurnberger* 1:30 PM - 3:30 PM

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.**

**Open Art Studio**

Tues., Sept. 4, 18, Oct. 2, 16 *Erica Nelson or Lorrie Ogren* 1:30 PM - 4:00 PM

Work individually or with guidance. Bring your own projects to work on or request ideas to get you going. Many art materials are provided - or bring your own. A facilitator is present for whatever type of support you may need. All experience levels welcome. **Class held in Pathways lower level. Participants must be able to navigate stairs in order to access services.**

**SoulCollage®**

Mon., Sept. 10 *Laura Thorpe* 10:00 AM - 12:30 PM

Explore this wonderful soul-tending collage process where we celebrate and heal your different personality parts, your community, archetypes in your life and chakra energies. Enjoy cutting and pasting into collage these aspects and then activating them in your life by stepping into the images and speaking from them. **Session held in the lower level, so Participants must be able to navigate stairs to access class.**

**SoulCollage®
and The Committee Suit**

Mon., Sept. 17 *Laura Thorpe* 10:00 AM - 12:30 PM

Discover your many inner personality parts through SoulCollage! We'll create soul-tending collage cards that explore, enchant, heal and even transform different parts of ourselves that we keep and use for self-care and fun. **Session held in the lower level, so Participants must be able to navigate stairs to access class.**

**SoulCollage® Workshop -
The Community Suit**

Mon., Oct. 1 *Laura Thorpe* 10:00 AM - 12:30 PM

Please bring photos/images reminding you of your allies, family, loved ones, teachers, groups, pets, helpers, special iconic figures, etc, for this exploration of The Community Suit. We'll cut and paste together images that acknowledge and celebrate our personal communities, those people that nurture us, befriend us and may even challenge us to evolve. **Session held in the lower level, so Participants must be able to navigate stairs to access class.**

**SoulCollage®:
The Companion Suit**

Mon., Oct. 8 *Laura Thorpe* 10:00 AM - 12:30 PM

This advanced workshop will provide previous SoulCollage participants with a chance to discover and explore "mirrors for the energies of your physical ... bodies, their flow, their blockages and ability to help, heal or hinder." We will have a guided meditation to locate the animal energy that resonates with our chakras and then will collage and share. **Session held in the lower level, so Participants must be able to navigate stairs to access class.**

**Council Suit in SoulCollage®**

Mon., Oct. 29 *Laura Thorpe* 10:00 AM - 12:30 PM

Advanced Class for previous SoulCollagers who would like to explore the realm of archetype, pattern and metaphor in the "larger" story of our lives. The emphasis will be on discovering those Healing archetypes who are always available to guide us in our healing journey. **Session held in the lower level, so Participants must be able to navigate stairs to access class.**



BODYWORK**Acupuncture**

Mon., Sept. 10, 17, 24, Oct. 1

Mon., Oct. 8, 15, 22, 29

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

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

*Session times vary.
See online system
for specifics*

**Chi Nei Tsang
Abdominal Massage**

Thurs., Oct. 18

10:00 AM - 10:45 AM / 11:00 AM - 11:45 AM

12:00 PM - 12:45 PM / 2:00 PM - 2:45 PM

3:00 PM - 3:45 PM / 4:00 PM - 4:45 PM

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

Melissa Cathcart

**Massage**

Fri., Sept. 7, 14, 21, 28, &

Fri., Oct. 5, 12, 19

9:45 AM - 11:00 AM

11:30 AM - 12:45 PM

1:45 PM - 3:00 PM

Depending on the massage therapist's training, sessions may include Relaxation/Swedish Massage, Clinical Massage, &/or Reflexology. When receiving relaxation or clinical massage, scent-free oils, lotions, or creams will be applied to the body to allow your muscles to be massaged without causing excessive friction to the skin. Participants may choose to undress to their comfort level for the massage. Whether experiencing reflexology, relaxation or clinical massage, Participants will be asked if they have any medical conditions, injuries, or medications that may affect the course or outcome of the massage.

In conjunction with The College of Massage Therapy at Northwestern Health Sciences University.

**Reflexology**

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

Connie Saunders

9:30 AM - 10:15 AM

10:30 AM - 11:15 AM

In this session, pressure will be applied to your feet with specific thumb and finger techniques. These pressure points help activate the healing powers of your body to balance and energize yourself. You will be fully clothed and sit in a reflexology chair where you can relax and connect with your body to increase circulation and decrease tension.

**Rosen Method Bodywork**

Mon., Sept. 10, Oct. 1, 22

JanMarie Roehl

9:30 AM - 10:30 AM

10:45 AM - 11:45 AM

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

**Shiatsu Massage**

Mon., Sept. 24, Oct. 22

Mary LeSourd

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**

Thurs., Sept. 20, Oct. 18

Mollie Newhouse

10:00 AM - 11:00 AM

11:15 AM - 12:15 PM

This massage will be customized to meet the participant's particular health needs. Techniques used will include Swedish massage, myofascial release, deep tissue, trigger point work, kinesiotaping, and stretching. Participants are encouraged to inform the therapist of any medical conditions, injuries, or medications that may affect the course or outcome of the massage.

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

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

Sarah Miracle

1:00 PM - 2:00 PM

2:30 PM - 3:30 PM

Bio-Energy Healing

Wed., Sept. 19, Oct. 17

Ann Agrimson

1:00 PM - 2:00 PM

2:30 PM - 3:30 PM

**BodyTalk**

Tues., Oct. 9

Karen Norum

4:00 PM - 4:30 PM / 4:45 PM - 5:15 PM

5:30 PM - 6:00 PM / 6:15 PM - 6:45 PM

BodyTalk is a comprehensive, effective, non-invasive, safe energy medicine system. During a BodyTalk session, the body's energy systems are re-synchronized and the body's innate ability to heal itself is stimulated.



ENERGY HEALING (CONT'D) **Energy Healing***Carol Swan*

Tues., Sept. 18, Oct. 16

10:00 AM - 11:00 AM

11:15 AM - 12:15 PM

12:30 PM - 1:30 PM

Energy healing and balancing is done respectfully and lovingly, hands on and/or hands off, to restore the body to its natural state of well being, balance, and health. The session starts with a brief check-in. An intention is set by the client for the healing work done.

 **Energy Healing***Diane Hendrickson*

Wed., Sept. 5, 19, Oct. 10, 31

9:30 AM - 10:30 AM

10:45 AM - 11:45 AM

Immerse yourself in a hands on and lovingly applied "peace of mind" and "restoration of spirit" experience. Choose from a menu of Healing Touch, Qi-ssage, or Gentle Hand and Foot Massage. You may choose to focus on just one or combine any and all of these modalities into your session.

 **Energy Healing***Peggy Dufour*

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

4:00 PM - 4:45 PM

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

5:00 PM - 5:45 PM

Fully clothed, light touch and/or hands off. Assists in restoring harmony, balance and re-patterning of your energy system placing you in a position to self heal.

 **Energy Healing***Wendy Kardia*

Tues., Sept. 4, Oct. 2

4:00 PM - 5:00 PM

5:00 PM - 6:00 PM

Receive a light, relaxing energy healing that is intuitively designed for your energy system. This session will assist in renewing and reassuring you of your own unique gifts.

 **Energy Healing With Intention***Dennis Searle*

Wed., Sept. 5, 12, 19, 26, &

1:00 PM - 1:45 PM

Wed., Oct. 3, 10, 17, 24, 31

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., Sept. 13, 20, 27, &

12:00 PM - 12:45 PM

Thurs., Oct. 11, 25

1:00 PM - 1:45 PM

Healing Touch*Mary Johnson*

Thurs., Sept. 20

2:00 PM - 2:45 PM

3:00 PM - 3:45 PM

Thurs., Sept. 27, Oct. 18, 25

1:00 PM - 1:45 PM

2:00 PM - 2:45 PM

Healing Touch*Niels Billund*

Wed., Sept. 5, 19, Oct. 3, 17, 31

5:30 PM - 6:30 PM

Healing Touch*Pamela Searles*

Thurs., Oct. 11, 25

10:00 AM - 11:00 AM

11:15 AM - 12:15 PM

Healing Touch*Susan Martin*

Wed., Sept. 5, Oct. 3, &

9:30 AM - 10:15 AM

Mon., Sept. 10, Oct. 1

10:30 AM - 11:15 AM

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

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

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.

 **R&R:****Rejuvenate & Revitalize***Cheryl Gebhart*

Fri., Sept. 7, Oct. 12

2:00 PM - 2:45 PM

3:00 PM - 3:45 PM

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!



ENERGY HEALING (CONT'D) **Reiki**

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

Reiki *Aurea Gerard*
Sat., Sept. 8, Oct. 13 10:00 AM - 10:30 AM
10:45 AM - 11:15 AM
11:30 AM - 12:00 PM

Reiki *Colleen Beggan*
Wed. Sept. 12, Oct. 24 11:00 AM - 11:45 AM

Reiki *Naum Tsypis*
Thurs., Sept. 13, 27, Oct. 11, 25 6:00 PM - 7:00 PM
7:00 PM - 8:00 PM

Reiki *(Team Reiki) Mary Moldestad, Linda Snyder, & Lynn Soley*
Wed., Sept. 26, & 6:30 PM - 7:15 PM
Tues., Oct. 16 7:30 PM - 8:15 PM

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

Tues., Sept. 4, 11, 18, 25 & 10:00 AM - 11:00 AM
Tues., Oct. 2, 9, 16, 23, 30 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., Sept. 10, 24, Oct. 8, 29 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., Sept. 13, Oct. 18 12:00 PM - 12:45 PM
1:00 PM - 1:45 PM

Experience hands-off energy balancing using SFQ techniques to remove energy blockages which can be the root causes of illness and discomfort. This session will help you balance the Qi and enhance your physical, emotional and spiritual well-being.

 **Spring Forest Qigong Healing/Qi~ssage** *Gadu*

Fri., Sept. 21, Oct. 26 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., Sept. 21, Oct. 26 1:00 PM - 2:00 PM
Learn to heal your body, mind and spirit and share your healing energy with others. Using the simple and effective techniques of Spring Forest Qigong (SFQ), you will realize you are "Born a Healer!" We will practice SFQ Healing Movements, sitting meditations, mindful breathing, chanting, and Qi~ssage.

HEALTH, WELLNESS, & NUTRITION **Life Coaching** *Carla Beach*

Wed., Sept. 5, 12, 19 (3 session series) 9:30 AM - 10:30 AM
Wed., Oct. 3, 10, 17 (3 session series) 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., Sept. 4, 18, Oct. 2, 30 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.

 **Natural Foods** *Marcy Lundquist*

Fri., Sept. 14, Oct. 19 2:15 PM - 3:15 PM

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

MEDITATION, IMAGERY & INNER PRACTICE**Creating Joy***James Wittenberg*

Wed., Sept. 5, 19, Oct. 3, 24

11:00 AM - 12:00 PM

Using interactive guided imagery you will experience feelings of happiness and joy and will understand how to create these feelings on your own.

**Forgiveness Guided Imagery***James Wittenberg*

Wed., Sept. 12, 26, Oct. 31

11:00 AM - 12:00 PM

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

**Crystal Singing Bowl Sound Bath***Karen Norum*

Tues., Sept. 18

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.

**Finding Clarity***Andre Heuer*

Thurs., Sept. 20

9:30 AM - 11:30 AM

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

**Imagery, Imagination & Healing***Andre Heuer*

Thurs., Oct. 18

9:30 AM - 11:30 AM

In this session on the practice of imagery we investigate: the theories of imagery, how to use imagery as a tool for fostering healing and creativity, and why imagery is more than a visualization technique.

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

Tues., Sept. 25

6:30 PM - 8:30 PM

You will learn an ancient core shamanic practice used around the world by indigenous people to gain wisdom, direction, healing, and greater connection to self and others. Shamanic journeying is simple, direct, and powerful. Please bring drums and rattles, if you have them.

**LovingKindness Meditation***Andrew Litchy*

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

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.** ↓

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

Sat., Sept. 15, Oct. 20

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 a self-directed MBSR program that is available online in between the monthly practices. **Drop-in group.** ↓

**Open Sandplay Session: Soul Tending***Patricia Brenneman*

Wed., Oct. 3

1:30 PM - 3:30 PM

Join others in creating scenes in the sand with miniatures in a meditative, contemplative group setting. We will open with meditation and centering. Each participant will have ample time to create a tray, tending to their own personal process and theme/storyline. We will create trays in silence, then gather as a group to share and marvel at what showed up, and surprised us in this experience of tending to Soul.

**Sandplay: Harvest Time***Patricia Brenneman*

Wed., Oct. 24

1:30 PM - 3:30 PM

What are we harvesting from the bounties of this season? What new growth has emerged, what seeds are bearing fruit? How can we savor and integrate what we are harvesting, and allow it to nourish us through the fall and winter seasons? Use sandplay figures, poetry, ritual and meditation to explore and celebrate Harvest time on this day of the full moon.

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

Sat., Sept. 15, Oct. 20

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 (CON'TD)

 **Sound of Soul Chant** *Linda Duncanson Miller*
 Mon., Sept. 10, Oct. 1 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., Sept. 20 1:00 PM - 2:30 PM
 Fri., Oct. 12 10:00 AM - 11:30 AM
 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 claims the body and clears the mind. This session will include breath and body work visualisation and mindful movement.

MIND-BODY-SPIRIT HEALING

 **Compassionate Listening** *Sue Salmela*
 Wed., Sept. 5, 12, Oct. 3, 10, 17, 24, 31 1:00 PM - 2:00 PM
 An opportunity to be heard deeply in a safe and sacred space.

 **Conversational Labyrinth** *Helen Cleveland*
 Thurs., Sept. 27 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.

 **Shamanic Healing Sessions** *Valerie Ohanian*
 Tues., Sept. 18, 25, Oct. 2, 23, 30 2:00 PM - 2:45 PM
 3:00 PM - 3:45 PM
 4:00 PM - 4:45 PM
 Shamanic methods can foster healing as well as help restore vitality, grounding and passion for life. The work is energetic and spiritual in nature: I access and offer tools you can use to bring healing, transformation and empowerment into your daily life.

 **Voice Healing** *Myo-O Marilyn Habermas-Scher*
 Wed., Sept. 26, Oct. 24 9:30 AM - 10:15 AM
 10:30 AM - 11:15 AM
 Rest on a massage table, fully clothed, and receive a dynamic vibrational massage through vocal sound and singing.

 **Wisdom Tools** *Trish Herbert*
 Wed., Sept. 12, 26, Oct. 10, 24 3:00 PM - 4:00 PM
 4:00 PM - 5:00 PM
 Offers stabilizing tools for those dealing with the emotional and spiritual impact of illness and its effect on relationships. Focus will be on the three wisdom tools -- listening, tonglen practice and reflection. Develop a plan for yourself.

 **Anger: Get User Friendly** *Spruce Krause*
 Fri., Sept. 21 10:00 AM - 12:00 PM
 Explore what is beneath your anger: why you fear or suppress anger. Receive tools to get more comfortable with all of your emotions and how to feel and release anger in life supporting and productive ways.

 **Finding Your Way for the Rest of Your Life** *Carol Anderson*
 Tues., Sept. 25, Oct. 23 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*
 Thurs., Oct. 18 6:00 PM - 7:00 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.

 **Grateful For This Day** *Christine Sanchez*
 Wed., Sept. 12, 19, 26, Oct. 3, 10, 17, 24, 31 1:00 PM - 2:30 PM
 Say thank you for everything! Spread joy everywhere you go. Genuinely smile. Be present. Be mindful. Sounds simple enough. In actuality, we need to develop a practice, a discipline that helps us see the world and respond differently to the many events and situations we encounter every day that are often overwhelming and very stressful. Keeping a gratitude journal can change your attitude and your world view. In this class we explore the many aspects and benefits of practicing gratitude. Bring a new journal or notebook and a pen with you to class. **(8-session series. You are asked to make a commitment to all sessions).** 📖

MIND-BODY-SPIRIT HEALING (CONT'D) **It's All About You**

Sat., Oct. 13 10:00 AM - 12:00 PM
Debra Safyre
 Energy is all about you...your purpose, your choices, your beliefs...YOU...Exploring you and how you manage your energy can lead you to live your highest potential.

 **One Bite At A Time**

Sat., Sept. 15 10:00 AM - 12:00 PM
Debra Safyre
 Overwhelm is a common reaction to living in our fast paced world. Understanding personal energy and how to manage it when feeling overwhelmed can lead to less stress and better choices.

 **The WarmFeet Intervention**

Thurs., Sept. 13, Oct. 25 1:00 PM - 2:15 PM
Birgitta Rice
 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**

Wed., Sept. 12, 26, Oct. 10, 24 1:00 PM - 2:15 PM
Beth Peterson
 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 **Individualized Healing Movements Session**

Sat., Sept. 15, Oct. 20 11:45 AM - 12:30 AM
Lorna Sinclair-Wood
 Move and be witnessed in a safe supportive environment that honors your unique healing process. By bringing awareness to breath, sensation, feeling, and body movement, we enhance relaxation, mindfulness, and expression. Each session focuses on simple guided exercise, contemplative movement, and journaling, and/or drawing to process your experience.

 **Healing Movements**

Sat., Sept. 15, Oct. 20 10:00 AM - 11:30 AM
Lorna Sinclair-Wood
 Participants are guided as a group through fun, easy, and relaxing exercises and spontaneous movement opportunities. Through authentic movement, we deepen into ourselves. This organic process can enhance healing. Sessions include movement time and processing our experience with journaling or art activities.

 **Improve Balance and Stability**

Fri., Oct. 19 9:30 AM - 10:30 AM
Sandra Breuer
 Explore a variety of techniques to improve balance and stability. Learn about the physical anatomy and the brain body connection that is involved in balance. This is a good workshop for those who find standing on 1 foot a challenge. Wear comfortable clothing; Participants will do some activities not wearing shoes (optional).

 **Kundalini Yoga and Meditation**

Sat., Oct. 6 10:30 AM - 11:45 AM
Jane Matteson
 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**

Mon., Sept. 10, 17, 24, & 9:30 AM - 10:30 AM
 Mon., Oct. 1, 8, 15, 22, 29
Pete and Jan Girard
 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. ↓

 **Nurturing Yoga -- Seated**

Fri., Sept. 14, Oct. 19 3:30 PM - 4:30 PM
Marcy Lundquist
 While seated, enjoy gentle postures and movement to build strength, flexibility, and well-being in a compassionate manner.

 **Seated Yoga for Emotional Balance and Relaxation**

Wed., Sept. 5, 12, 19, 26, & 2:30 PM - 3:30 PM
 Wed., Oct. 17, 24, 31
Joyce Gudding

Enlivening the body, breath and mind through gentle postures where breath is the medium for movement. It includes Asana (yoga postures) on chair with some standing postures. Postures will be modified to find the best way to make space in your body. No yoga experience is required. All levels are welcome.

 **Spring Forest Qigong Overview**

Mon., Oct. 22 1:00 PM - 3:00 PM
Barb Palmer or Shirely O'Neil
 SFQ is a simple meditative practice which helps balance and heal yourself physically, emotionally & spiritually. It combines simple body movements, breathing, visualization and sound and may be done sitting, standing, or lying down.



MOVEMENT & GUIDED PRACTICE (CONT'D)

 **Spring Forest Qigong Healing Circle & Practice Group** *Barb Palmer*
 Mon., Sept. 10, 17, 24, Oct. 1, 8, 15, 29 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.** ↓

 **Spring Forest Qigong Practice Group with Healing Circle** *Laura Randall*
 Wed., Sept. 5, 19, Oct. 3, 17, 31 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., Sept. 10, 17, 24, Oct. 1, 8, 15, 22, 29 4:00 PM - 5:00 PM
 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., Sept. 4, 11, 18, 25, Oct. 2, 9, 16, 23, 30 4:00 PM - 5:00 PM
 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.** ↓

 **Intro to Tai Chi Chih** *Marlena Vernon*
 Wed., Sept. 5 4:00 PM - 5:00 PM
 Experience this gentle, moving meditation practice of non-strenuous, circular and repetitive movements emphasizing self-awareness, well-being and energy flow. It can easily be done by anyone, regardless of age or physical condition and can lead to heightened mind-body awareness.

 **Tai Chi Chih Practice Sessions** *Marlena Vernon*
 Wed., Sept. 12, 19, 26, Oct. 3, 10, 17, 24 4:00 PM - 5:00 PM
 Continued practice sessions of this gentle movement form for energy balance and health. It can easily be done by anyone, regardless of age or physical condition and can lead to heightened mind-body awareness.

 **Taoist Exercise for Health and Internal Power** *Rand Adams*
 Sat., Oct. 20 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., Sept. 17, Oct. 15 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

 &  **Advance Care Planning** *Lin Butler*
Individual or Pairs: Tues, Oct. 23 4:30 PM - 5:30 PM
Group: Tues, Sept. 25, Oct. 23 6:00 PM - 7:30 PM

Caring for Yourself, Caring for Loved Ones. Explore and discuss questions, concerns, and choices regarding late life care. You will be guided to think about your current condition, how you envision your own care, and who will speak for you when you may be unable to speak for yourself. Your care giving partner is welcome to attend.

 **Writing Your Health Care Directive** *Gay Moldow*
 Tues., Sept. 18, Oct. 16, 30 9:30 AM - 11:30 AM
 Participant will review and discuss writing a health care directive. He/she will identify what his/her wishes are for health care at the end of life. This directive is used only when a person can no longer understand medical discussions and speak to direct his/her own care.

 **Circle of Hope** *Sue Salmela&/or Mary Baker*
 Wed., Sept. 12, 19, 26, & 11:00 AM - 12:30 PM
 Wed., Oct. 3, 10, 17, 24, 31
 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., Sept. 5 6:30 PM - 8:00 PM
 Thurs., Oct. 11 1:00 PM - 2:30 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.

Pathways

A Healing Center

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

Return Service Requested



Healing Within.
Renewing Life.

September & October 2018
Calendar of events, programs, and services

SPECIAL OFFERING



**Mindfulness-Based Stress Reduction (MBSR) as
developed by Jon Kabat-Zinn/Center for Mindfulness**

*Facilitated by
Cass McLaughlin*

MBSR is a 8-week program that blends mindfulness in everyday life with meditation, body awareness, mindful movement with yoga. Learn through practice and discussion how the body/mind/heart/spirit handles (and can resolve) stress. Through participation in this course one may increase their ability to: 1) Cope with stress, pain, and challenges of everyday life, 2) Deal with disturbing events with grace and composure, 3) Choose to be fully present and alive from moment-to-moment.

Participants must initially attend an MBSR informational session on Sat., Sept. 15 from 1:00 - 2:30 PM.

Subsequent series sessions will be held on Saturday afternoons: Oct. 6*, 13, 20, 27, Nov. 3, 10, 17, & Dec. 1* from 1:00 PM - 3:30 PM (*first & last sessions end at 4:00 PM). This program also includes an "all-day retreat" on Sunday, Nov. 11 from 9 AM - 4 PM. Attendance in all sessions is required.

This specific series is intended for Pathways Category 1 & 2 participants and care providers.

Registration not available online.

Please call Dan at Pathways (612-822-9061) for more information and to register.