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Tim Thorpe, Executive Director
Amy Rodquist-Kodet, MA, Associate Director
Dan Averitt, Office Manager

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 - 5 pm
Sat.: none
Sun.: closed

Services of Pathways 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.

Pathways’ mission is to provide resources and services for people with life-threatening illness to explore and experience complementary healing approaches.

SPECIAL EVENTS
★★ Soul Breathing
w/Terri Peterson
Thursday, July 21, 2011 - 10:00 AM - 12:00 PM

Soul Breathing is a powerful process that consistently generates profound physical, emotional and mental self-healing and deepens your connection with Spirit. Breath is the infinite intelligence of Spirit moving in the body. It is the link between body and soul. Soul Breathing is a conscious breathing modality that activates a coherent vibration in your body that you can feel at a cellular level. This primordial vibration effectively transmutes and releases old emotions and self-limiting thought patterns. You instantly feel your deep connection to Spirit.

• Understand why and how your breath is blocked
• Learn how to open up constricted, shallow breathing
• Release stress and suppressed emotions
• Learn how to heal yourself with the breath
• Breathe universal life force, love, and joy into your body

Location: Pathways
Cost: Free
ARE YOU NEW TO PATHWAYS?
Here's how to get started:

• Come to a Welcome to Pathways Orientation. This is the essential first step for registering for sessions at Pathways. See page 3 for the next available dates.

• Determine your category (see below).

• Visit our web site: www.pathwaysminneapolis.org and click on the box: “Become a Participant” for detailed information on how to register online.

• 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.

• All registration requests must be submitted by the 25th of each month.

PROGRAM GUIDELINES

• New participants are required to attend the Welcome to Pathways Orientation (page 3) before signing up for any one-to-one sessions.

• All participants can be scheduled for up to 4 one-to-one sessions per month.

• Brand New Category 1 participants will receive first priority for scheduling.

SCHEDULING PROCESS
Participants register for sessions every month for the next month’s sessions.

• Participants who complete their registration by the 25th of each month will be randomized within their category and will be offered sessions based on their rank.

• Participants who complete their registration after the 25th of each month 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.

ACCESSING THE BASEMENT AND SECOND FLOOR:
Participants unable to access our second floor or basement 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.

Category 1
For persons with life-threatening illness (cancer, debilitating heart disease, HIV/AIDS, HIV positive, lymphoma, MS, ALS, transplants, etc.). This category is also for an immediate family member or significant other who is his or her primary caregiver.

Category 2
For persons dealing with disability, pain and/or other symptoms related to chronic, physical illness, or physical injury (CFS, chronic pain, diabetes, EI, 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 and for persons from Category 2 following one year of receiving Pathways’ services.

Category Status is self-identified. However, if you have been a Category 1 or 2 for one year without any advance in illness, your category changes to the next lower category. This allows the newly diagnosed or those with advancing illness to have the highest priority.
NEW PARTICIPANT PROGRAMS

Welcome to Pathways Orientation

Sat., July 9 .......................... 11:00 AM - 12:30 PM
Mon., July 11 ..................... 11:00 AM - 12:00 PM
Fri., July 22 ....................... 1:30 PM - 2:30 PM
Sat., Aug. 6 ........................ 11:00 AM - 12:30 PM
Fri., Aug. 12 ...................... 1:30 PM - 2:30 PM
Mon., Aug. 22 .................... 10:30 AM - 11:30 AM

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.

SIGNATURE PROGRAMS

Renewing Life™: Friday Daytime Series
Fridays - 10:00 AM - 12:30 PM
Certified Facilitators
July 15, 2011 - September 9, 2011
Registration not available online.
Please call Pathways (612-822-9061) to sign up.

Renewing Life™: Wednesday Evening Series
Wednesdays - 6:00 PM - 8:30 PM
Certified Facilitators
July 13, 2011 - September 7, 2011
Registration not available online.
Please call Pathways (612-822-9061) to sign up.

Must Attend All Sessions.

This is an intensive program for making the most of what life hands you when
living with a life threatening illness. Renewing Life™ is an adjunct to medical care.
The program focuses on teaching communication skills, coping strategies, and life-
affirming attitudes. A donation of $35 is requested for a Participant Manual.

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 Life
Session 9 Celebrating a Renewed Life

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
(see page 11 for symbol definitions)

one-to-one session: 

special events: ★
donation request: $35
ongoing group: ☎
series: ☑
ART, MUSIC AND CREATIVITY

Close Knit Group
Beth Ehresman
Wed., July 6, 13, 20, 27
Wed., Aug. 3, 10, 17, 24, 31
10:30 AM - 12:30 PM
Learn to knit/crochet or share your already acquired skills in a supportive, fun and caring environment. You can work on your own knit/crochet project or focus on making chemotherapy caps and comfort shawls.

Sanctuary Collage
Gloria Larsen
Tues., Aug. 16, 23
10:30 AM - 12:00 PM
During these sessions we will focus on our personal places of Sanctuary. Where do you go to rest, renew, and restore your spirit? We will create a Triptych collage - with two doors opening to reveal your sanctuary. No art experience is necessary.

Stories of Healing: A Playback Theater Performance
Harry LeBlanc
Sat., Aug. 13
1:00 PM - 2:30 PM
For thousands of years, people have gathered to share stories. Stories of our lives, our struggles, our victories and our grief. Sharing our stories helps us make sense of our lives and see that we are not alone. Playback theater is a form of improvisation where you share stories from your lives, and the actors bring the heart of the story to life. Gather with us to explore and celebrate our stories of illness and healing.

Visual Journaling
Jeanie Wilke
Wed., July 6, 13, 20, 27
Wed., Aug. 3, 10, 17, 24, 31
11:00 AM - 1:00 PM
Uses drawing, image-making and journaling; no artistic skill required! Through image-making your truest feelings can be revealed; through writing, those revealed feelings can be interpreted. The heart is the voice of inner wisdom. Drawing is the conduit through which that voice can speak. Suggested donation of $7 for supplies.

BODY WORK

Craniosacral Bodywork
Hannah Albert
Mon., July 11, 18, Aug. 01, 15
2:00 PM - 2:45 PM
3:00 PM - 3:45 PM
4:00 PM - 4:45 PM
Craniosacral bodywork is a subtle yet deeply renewing treatment. The client reclines on a massage table fully clothed and face up during the session. Blankets and cushions are used as needed for enhanced comfort. The practitioner uses a light touch to feel for muscle, diaphragm, and tendon restrictions or tension throughout areas of the body. A small amount of pressure is then applied. Two of the most important areas of focus are the base of the skull (cranium) and the end of the spine (called the sacrum), hence the name “craniosacral.”

East-West Therapeutic Bodywork
Audrey Chan
Tues., July 5, 12, 19, 26, Aug. 9, 16, 23, 30
3PM - 4PM
East West Therapeutic Bodywork - a unique integration of Japanese Shiatsu therapy and Therapeutic Massage. Feel better, recover from injury, and restore balance and vitality.

Enlivening Bodywork
John Armstrong
Wed., July 13, Aug. 10
5:30 PM - 6:30 PM
6:30 PM - 7:30 PM
7:30 PM - 8:30 PM
Spark your imagination and invigorate your body through Trager bodywork, energy healing and life coaching. This interdisciplinary practice uses both active movement and a bodywork table to meet your session needs. Wear loose-fitting clothes.

Lymph Drainage & Craniosacral Therapy
Nancy Newman
Thurs., July 14
9:30 AM - 10:15 AM
10:30 AM - 11:15 AM
Lymph drainage therapy is a gentle hands-on technique for supporting the lymphatic system (and the entire immune system). With gentle movements, the lymphatic flow is enhanced allowing toxins, extracellular debris & interstitial fluid to be pulled from the tissue & sent to the proper organs for elimination. Craniosacral Therapy is a gentle hands-on therapy which supports the brain, spinal cord, & nervous system. The positioning of fingers and hands in specific areas along the spinal column, skull & sacrum can support the body in releasing restrictions that may impede one’s maximum range of motion in a particular area of the body.

Massage
Diane Rafats
Wed., July 6, 20, Aug. 10, 31
5:15 PM- 6:15 PM
6:30 PM- 7:30 PM
Relaxation or deep tissue massage to meet participant’s needs.

Shiatsu
Kats Fukasawa
Wed., July 20, 27, Aug. 10, 31
12:30 PM - 1:45 PM
2:30 PM - 3:45 PM
Shiatsu is a healing art form originating in Japan. Shiatsu restores one’s self-healing ability by balancing one’s vital energy (Ki). Through applying pressure to various parts of the body, the practitioner treats one’s meridians (pathways for Ki). Shiatsu is practiced lying on the floor with the clothes on. Please wear loose comfortable clothes.

Thai Yoga Bodywork
Dale Jones
Mon., July 11, 25, Aug. 8, 22
11:30 AM - 12:30 PM
1:00 PM - 2:00 PM
2:15 PM- 3:15 PM
Thai Yoga Bodywork is usually performed on a floor mat with client fully dressed in loose comfortable clothing. No massage oils are used. Comfortable yoga poses are used to improve flexibility. Healing Energy techniques and acupressure on the Chinese Meridian Lines may be included.
**ENERGY HEALING**

**Brennan Healing Science**
Thurs., July 21, Aug. 18

Individually tailored, gentle, hands-on energy healing. You will set an intention that guides the nature of the healing work.

**Energy Balancing**
Wed., July 13, 27, Aug. 24

This gentle hands-on session will help create a sense of well-being of the mind, body and spirit. This intuitive approach may include components from Reiki, Qigong, and Cranio-Sacral Therapy, as well as relaxation techniques.

**Energy Field Cleansing**
Mon., Aug. 1, 8, 15, 29

Receive a peaceful and gentle hands-on energy cleansing while lying on a massage table. This relaxing modality enables your body to let go of various kinds of trauma.

**Energy Healing**
Tues., July 12, Aug. 23
Fri., July 22, Aug. 26

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

**Healing Touch**
Thurs., July 21

This session begins with a brief assessment of your healing journey followed by a combination of guided imagery, foot massage, gentle touch, and energy balancing to provide deep relaxation.

**Healing Touch**
Thurs., July 28, Aug. 18, 25

During this session, you will lie on a bodywork table receiving gentle, respectful, hands-on energy healing. You will experience release of stress and flow into a place of deep rest that facilitates healing on all levels of being.

**Healing Touch - Complementing Your Healing Process**
Wed., July 6, 13, 20, 27, Aug. 3, 10, 17, 24, 31

While lying on a bodywork table, gentle hands on or above your body will work with your energy field. You may choose to have communication during the session. The use of music will be your choice. At the end of the session you may choose to process your experience.

**Highstream Hands-On Energy Systems**
Mon., July 11, 25, Aug. 8, 22

Experience hands-on energy healing from Mystery Schools around the world. Energy systems from Omega, Temple Academies, Magnified Healing and more are available. Depending on your needs, Chakras, Meridian Lines and/or Auric fields will be balanced.

**Illumination Healing**
Thurs., July 14, 28, Aug. 11, 25

Experience light energy permeating the physical, emotional, mental, and spiritual levels to promote healing, balance, and wellness by removing blocks and stuck energy. Feel energized and relaxed after this light-touch/non-touch session on a bodywork table fully clothed.

**Intuitive Deep Hands-On Healing**
Tues., July 5, 12, 19, Aug. 2, 9, 16, 23

Energy work and gentle hands-on healing help you experience your own body’s energy. Promotes relaxation, healing and pain relief.
ENERGY HEALING (cont’d)

Jyorei

Bobby (kanehiro) Okuda
Tues., Wed., Thurs., Aug. 9, 10, 11

10:00 AM - 11:00 AM
11:00 AM - 12:00 PM
12:00 PM - 1:00 PM
1:00 PM - 2:00 PM

Jyorei (a Japanese form of energy healing) creates happiness, light, and love by clearing clouds from the spirit and releases stress, depression, and anxiety. Experience relaxation and energy healing while quietly sitting in a chair.

Mari-El Healing

Jane Livingston
Fri., Aug. 5, 19

10:00 AM - 11:15 AM
11:15 AM - 12:30 PM

Mari-El Healing is a hands-on healing technique to aid in the release of negative emotions and blockages in the body’s energy system.

Reiki

Liz Jacobson
Sat., July 16, Aug. 20

10:00 AM - 10:45 AM
11:00 AM - 11:45 AM
12:00 PM - 1:15 PM

Reiki is Universal Life Energy. As a conduit, Reiki flows through me to you and breaks up blocks, which allows your 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.

Soul & Energy Based Healing

Tim Hanson
Tues., July 5, 12, 19, 26, Aug. 2, 9, 16, 23, 30

11AM - 12PM
12PM - 1PM

Relax on the bodywork table or remain 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., July 11, 25, Aug. 8, 22

11:15 AM - 12:00 PM
12:00 PM - 1:45 PM

Experience hands-off energy balancing while comfortably sitting in a chair or lying on a massage table. Detecting and removing of energy blockages promotes deep relaxation, which helps you balance yourself physically, mentally, spiritually and emotionally.

Spring Forest Qigong Energy Healing

Norma Solstad
Fri., July 1, Aug. 5

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

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

Team Reiki For Inner Radiance

Mary Moldestad, Linda Snyder, & Lynn Soley
Tues., July 12, Aug. 9, 23

6:30 PM - 7:15 PM
7:30 PM - 8:15 PM

While relaxing on a bodywork table, feel the gentle, warm healing energy of Reiki offered by a team of Reiki Masters through touch/non touch. Receiving Reiki aids in stress reduction and relaxation, which promotes healing and balances mind, body, emotions, and spirit.

The Radiance Technique

Laurie Savran
Thurs., July 14, Aug. 11

4:30 PM - 5:15 PM
5:30 PM - 6:15 PM

This energy work taps into the highest point of your radiant center, balancing and energizing all levels of your system, bringing you into wholeness.

Transformational Energy Work

Marcy Lundquist
Fri. Aug. 19

1:30 PM - 2:15 PM
2:30 PM - 3:15 PM

This session brings back your natural healthy self through biofield balancing. It also restores a pleasurable sense of well-being that enhances healing. Includes light touch.

MEDITATION IMAGERY & INNER PRACTICE

Sufi Healing: Live in the Divine Love

Jess Fauchier
Mon., July 11, 18, Aug. 8, 22

6:00 PM - 7:15 PM
7:30 PM - 8:45 PM

The Sufi way is to live in the divine love 24x7. This healing session utilizes the Sufi al-wird practice to clean and clear the four layers of the participant’s heart (and body). The goal is to assist the participant to live his/her life in physical reality as an expression of divine love.
MEDITATION IMAGERY & INNER PRACTICE (cont’d)

Drum and Journey Circle
Timothy Cope
Nancy Nielsen
Sat., July 16, Aug. 20
7:00 PM - 9:30 PM
For those with prior shamanic experience to further explore the shamanic path, address personal concerns, and become more at home with journeying. There will also be songs, chanting and movement. Bring your own drums, rattles and sacred objects, and, if you wish, a treat to share with the circle after our ritual work. Please be prompt. No one will be admitted after the circle convenes.

Falun Gong
Ming Johnson
Sun., July 10, 17, 24, 31, Aug. 7, 14, 21, 28
1:00 PM - 3:00 PM
A traditional Chinese self-improvement practice of mind and body. All ages and physical conditions can benefit through practicing five gentle exercises and through studying and applying the principles which are centered on Truthfulness, Compassion and Forebearance. The practice is also called “Falun Dafa.” Drop-in group. No registration required.

Guided Imagery Workshop
James Wittenberg
Tues., July 5, 12, 19, 26, Aug. 9, 16, 23
10:00 AM - 12:00 PM
Learn how to create feelings of tranquility and joy. Learn to connect with your Higher Self, and how to create healing imagery. We will use interactive guided imagery and learn how to guide others as well as ourselves in a safe and nurturing environment. The sessions are mainly experiential, with demonstrations by the leader and practice sessions guiding each other in various forms of imagery. Attendance at all sessions is required.

Healing Circle
Cheryl Hiltibran
Tues., July 5, 12, 19, 26, Aug. 2, 9, 16, 23, 30
2:30 - 4:00 PM
People interested in self healing come together for spiritual connection using dialog, reflection, group activities, healing practices, and meditation. All are welcome. Group co-facilitators: Jan Page, Sheila Reiser, Laura Preves. Drop-in group. No registration required.

Intro to Shamanism
Nancy Nielsen
Merle Borschers
Fri., July 15
7:00 PM - 9:30 PM
Shamanism is a name for spiritual systems used by most of the world’s tribal peoples. Core shamanic techniques will be explained and explored. time is provided for questions and discussions. Embark on your own inner shamanic journeys and discover a doorway to personal wisdom, integration, healing and service.

Sufi Group: Live in the Divine Love
Jess Fauchier
Thurs., July 21, Aug. 11
6:30 PM - 8:30 PM
The Sufi way is to live in the divine love 24x7. This group teaches a practice (al-wird) that can help lead one to that goal. Beginners are welcome. Expect to leave knowing how to do the Sufi 4 layers of the heart (al-wird) practice.

Universal Sufism and Everyday Life
Zahir Roman Orest
Fri., July 1, Aug. 5
6:00 PM - 7:00 PM
The ancient Wisdom of Sufism has a new expression in the West, a universal and open respect for the many paths to the Divine. We will explore these Wisdom teachings and their vibrant application to everyday life. Drop-in session, no registration required.

MIND-BODY-SPRIT HEALING

Heal The Hurt
Valerie Lis
Mon., August 15
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.

Middendorf Individual Breath Treatment
Eva Schroeder
Tues., August 9, 16, 23, 30
11:00 AM - 12:00 PM
This session supports the understanding of the Self through breath. We’ll work together to develop a ‘breath dialogue’. The power of your own breath initiates possibilities for healing, personal growth and a new balance in life. While sitting, standing, or lying on a bodywork table, you will experience presence, easy stretches, or gentle pressure to your breath movement. Please wear loose, comfortable clothes.

Spiritual Healing
Keith Trier
Thurs., July 14, Aug. 11
4:00 PM - 4:45 PM
5:00 PM - 5:45 PM
Energy work based on “A Course in Miracles” approach to healing. Experience a 2-person healing circle, cultivating awareness of love in yourself and in others.
Vibrational Healing with Native American Flute
Laura Davida Preves
Tues., July 19, Aug. 2
10:00 AM - 10:45 AM
11:00 AM - 11:45 AM
Participants will experience a combination of conversation, meditation, imagery, energy clearing, and vibrational sound therapy through Native American flute.

Voice Healing
Myo-O Marilyn Habermas-Scher
Wed., July 13, Aug. 24
10:00 AM - 10:45 AM
11:00 AM - 11:45 AM
Rest on a massage table, fully clothed, and receive a dynamic vibrational massage through vocal sound and singing.

Wisdom Tools
Trish Herbert
Wed., July 6, 27, Aug. 17
2:00 PM - 3:00 PM
3:00 PM - 4:00 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
Thurs., July 14
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.

Beyond Aromatherapy
Linda Simon
Tues., July 19 & Wed., Aug. 10
6:30 PM - 8:30 PM
Beyond smelling good, therapeutic grade essential oils can help you create an environment of healing for physical, mental and emotional well-being. Come and learn the differences in grades of essential oils, how the oils can improve your health and vitality, and how to create a healthy medicine cabinet.

Circle of Sound
Laura Davida Preves
Thurs., July 14, Aug. 11
10:00 AM - 12:00 PM
This highly experiential group deepens our sense of being well by supporting and opening the heart. This is done through use of chant, vocalization, Native American flutes, and of course – our breath of life. Join us as we Breathe, Use our Beautiful Voice, Chant, Meditate, Resonate, Open and Heal.
MIND-BODY-SPIRIT HEALING (cont’d)

The Simplicity of Healing  
Keith Trier  
Thurs. July 28, Aug. 25  
6:30 PM - 9:00 PM  
This class offers simple and tangible ideas to access your Healer within, resolve conflicts and open to healing that starts on a spiritual level and then flows to the physical level. No admission 10 minutes after class begins.

MOVEMENT & GUIDED PRACTICE

Dances Of Universal Peace  
Zahir Roman Orest  
Fri., July 1, Aug. 5  
7:00 PM - 9:00 PM  
This class consists of simple folk dance movements while singing sacred music from the world religions. This is a spiritual movement class where beginners are welcome and no experience is required. Drop-in session. No registration required.

Intro to Tai Chi  
Eddy Wilbers  
Tues., July 5, 12, 19, 26, Aug. 2, 9, 16, 23  
4:00 - 5:00 PM  
Tai Chi is a centuries-old martial art form that teaches us to harmonize our body, mind, & spirit. Returning and beginning students will benefit from an exploration of basic movements, stretches, & 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.

Kundalini Yoga and Meditation  
Joe Wild  
Mon., July 11, 25, Aug. 8, 22  
6:30 PM - 8:00 PM  
Yoga is an ancient technology that challenges us to explore the relationship between the human and the infinite. Kundalini Yoga retains all 8 elements of ancient yoga practice. Each class will utilize movement, sound, breath, and meditation techniques to create a space where we can expand our awareness, tap into our infinite potential, and become reacquainted with who we really are.

Laughter Yoga Club  
Linda Haller  
Wed. July 13, Aug. 17  
4:30 PM - 5:15 PM  
Be ready to laugh, play and have fun. Laughter yoga combines easy to moderate movements with laughter and controlled breathing exercises. No balancing poses or stretching poses. Laughter yoga gives you your diaphragm and abdominal, respiratory, and facial muscles a workout.

Nurturing Yoga - Seated  
Marcy Lundquist  
Fri., Aug. 19  
3:45 PM - 4:45 PM  
While seated, enjoy gentle postures and movement to build strength, flexibility, and well-being in a compassionate manner.

Seated (To Standing) Sun Style Tai Chi For Health  
Debra Schumacher  
Wed., July 6, 13, 20, 27  
11:00 AM - 12:30PM  
An excellent introduction to Tai Chi, this modified, gentle version of Sun style Tai Chi can be enjoyed by everyone. It is especially suitable for those who are uncertain of their stamina, stability or balance and will improve all three. Note: Must attend the Tai Chi Ruler class to participate.

Spring Forest Qigong Overview  
Palmer, Lovlie, or O’Neill  
Wed., July 13  
1:00 PM - 3:00 PM  
Thurs., July 21  
6:45 PM - 8:45 PM  
Mon., Aug. 29  
1:00 PM - 3:00 PM  
SFQ is a simple, effective, meditative practice which helps balance and heal yourself physically, emotionally and spiritually. It combines simple body movements, breathing, visualization and sound. SFQ can be done sitting, standing, or lying down.

Spring Forest Qigong Practice Group  
Barb Palmer, Christy Lovlie, or Robin Thiel  
Mon., July 11, 25, Aug. 8, 22  
1:00 PM - 2:00 PM  
Wed., July 20, Aug. 3, 17, 31  
1:00 PM - 2:00 PM  
Thurs., July 14, Aug. 11, 25  
6:45 PM - 7:45 PM  
Please join us as we practice the SFQ active exercises and sitting meditation. These movements will help you balance your Qi and enhance your physical, emotional and spiritual well being. Prerequisite: SFQ Overview at Pathways or Level 1 Class with Master Lin or a SFQ Certified Instructor. Drop-in Group. No Registration Required.

Tai Chi  
Eddy Wilbers  
Mon., July 11, 18, 25, Aug. 1, 8, 15, 22  
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.

Tai Chi Ruler: A Qigong Antidote to the Busy Mind  
Debra Schumacher  
Wed., July 6, 13, 20, 27  
11:00 AM - 12:00 PM  
The Tai Chi Ruler connects the mind, body and qi. Seated or standing, these qigong exercises and ruler practice bring flexibility and balance. The movements are easy to do, gentle and relaxing, generating circular rhythms in the body.

Taoist Exercise for Health and Internal Power  
Rand Adams  
Sat., Aug. 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, breathing, and mindfulness.
MOVEMENT & GUIDED PRACTICE (cont’d)

Yoga Basics  
Laurie Lopesio  
Sat., July 9, 16, 23, Aug. 13, 20, 27  
10:00 AM - 11:45 AM  
We will come together to practice Yoga as a means to quiet our often busy minds, and to focus instead on the healing quality of connecting our breath with movement. In the tradition of Viniyoga these Yoga practice sessions will be adapted to the unique needs of each individual.

TRANSFORMATION THROUGH CHANGE, GRIEF, OR LOSS

Elements Divination  
Karen Sandberg  
Thurs., July 14, 28, Aug. 25  
6:00 PM - 6:45 PM  
7:00 PM - 7:45 PM  
Through a personal reading of the Elements of earth, water, fire, nature, and mineral we can see what aspects of your healing journey are balanced and unbalanced. This reading will touch on the physical, emotional, and spiritual parts of ourselves that need healing. Messages come from a Shamanic form of elemental numerology and a combination of rocks and shells.

Sandtray  
Carol Burling  
Tues., July 5, 19, Aug. 2, 16  
4:00 PM - 5:00 PM  
5:15 PM - 6:15 PM  
Sandtray is a dynamic form that uses sand and miniatures to support a person’s expression of their inner world through symbol. Create a scene in a Sandtray by forming the sand and choosing and placing objects into the trays in any arrangement that feels right. This process can provide an experience of expressing emotions and of reconnecting to one’s true self.

Thriving Again  
Stephanie Manthei  
Mon., July 11, 18, 25, Aug. 8, 15, 29  
6:30 PM - 7:45 PM  
Receive support in order to live the life you desire while continuing the marathon journey of living with chronic illness or caring for your loved one. We’ll process through losses, explore resources, and examine stress management techniques. Individuals and couples are welcome. Life can get better even when circumstances do not improve.

Transformational Journeys  
Laurie Moser  
Sat., July 9, Aug. 13  
10:00 AM - 11:00 AM  
11:00 AM - 12:00 PM  
The stress of illness takes it’s toll on you and your family. But you are not your illness. You have a full story separate from your illness. Come explore that story by yourself or with your caregiver.

Writing Your Health Care Directive  
Gay Moldow  
Thurs., July 14, 28, Aug. 25  
4:00 PM - 6:00 PM  
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.

Compassionately Facing Illness, Disease & Even Death  
Krysta Kavenaugh  
Thurs., Aug. 11  
2:00 PM - 6:00 PM  
We’ll look directly, yet compassionately, at these issues to see where we might find life, healing, acceptance, understanding and whatever resolution is meant to be. We’ll explore the origins of the disease, which often come from the family system, look at issues of “following” vs. “belonging,” what the disease is trying to tell you, and how one can accept or heal the disease. (We need the full four hours, so we start on time.)

Creating Your New Normal  
Cheryl Como  
Tues., July 5, 12, 19, 26  
1:30 PM - 3:30 PM  
A dynamic group designed to support you while incorporating disease into lifestyle. Objectives are to provide tools, interaction, and challenges that offer new directions in living and loving your life. Goals are to enhance coping strategies and skills through creative thinking and behavior. GROUP SERIES - MUST ATTEND EACH CLASS IN SEQUENCE.

Healing Rituals  
Krysta Kavenaugh  
Thurs., Aug. 11  
7:00 PM - 9:30 PM  
We will explore healing rituals as a way to resolve issues of loss, disease/illness, ancestors who are burdens, and other traumas. We will also participate in rituals that help us feel in the flow of life, receive strength from whole/healthy ancestors, and are enormously healing. Bring 35 pebbles (or buttons or feathers or...)

Setting Personal Boundaries  
Karen Sandberg  
Thurs., Aug. 11  
6:30 PM - 9:00 PM  
Are you ever unclear about where your boundaries are or where they should be, when interacting with doctors, caregivers, and others? Having clear, healthy boundaries (physical, emotional, mental) helps us to better navigate our healing journeys. Experiential learning for all. Involves a shamanic empowerment ritual.
TRANSFORMATION THROUGH CHANGE, GRIEF, OR LOSS (cont’d)

Stories of Peace
Krysta Kavanaugh
Tues., July 12
1:00 PM - 4:00 PM
If we want to create world peace -- or healthy bodies or great relationships -- we must first live First Peace (inner peace). Using stories from around the world, we will explore 8 principles of peace to incorporate into your daily life. Just sit back and listen and let your consciousness take you on a ride of transformation and insight.

The Shattered Soul
Krysta Kavanaugh
Tues., July 12
6:00 PM - 10:00 PM
If you’ve had a trauma in your life -- physical, emotional, mental or spiritual, it could be that pieces of your soul are scattered in space and time. We’ll work with people to retrieve these lost pieces to regain wholeness, thus allowing life to be lived as it’s meant to be: alive, passionate and joyful. (We need the full four hours, so we start on time.)

Farewell Open House for Amy Rodquist-Kodet

You are warmly invited to an afternoon of celebration, friendship, and gratitude as we say goodbye to Amy Rodquist-Kodet, Associate Director.

Please join us at Pathways on Friday, July 15, 2011, anytime between 2:00 PM - 5:00 PM.

A community blessing will begin at 4:30 PM.

All are welcome.

PARTICIPANT FOCUSED CARE
It is our mission to provide healing resources for those experiencing a health crisis through hospitality, a healing environment, and administrative & programming excellence. How are we doing? We invite you to fill out a yellow evaluation form located in any room throughout the building or you may talk directly with any staff member.

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Session Symbol Definitions
one-to-one session:  1
group class session:  2
special events:  ★
drop in:  ☼ = no registration required
series:  ☼ = please attend all sessions
ongoing group:  ☼ = may attend any one or all
Pathways
HEALTH CRISIS RESOURCE CENTER

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

Return Service Requested

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.

July & August 2011
Calendar of events, programs, and services

RENEWING LIFE WITHIN.
RENEWING LIFE TOGETHER.

SESSION SPOTLIGHT

Thriving Again
Stephanie Manthei
Mon., July 11, 18, 25, Aug. 8, 15, 29 6:30 - 7:45 PM

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