

# Classes Available at the Institute for Health and Healing

*The Institute for Health and Healing provides integrative medicine at Abbott Northwestern Hospital. Integrative medicine blends the best of conventional medicine with healing philosophies and a variety of healing therapies, often drawn from other medical traditions, emphasizing caring for the whole person and focusing on healing as much as curing.*

Registration is required for all classes unless otherwise noted. To register or for more information, call 612-863-3333.

## — special events —

### Mindfulness-Based Stress Reduction

A weekly class for eight weeks including a seven-hour day of mindfulness. This introductory course is based on Jon Kabat-Zinn's model in his book, *Full Catastrophe Living*. Mindfulness-based stress reduction (MBSR) is ideal for anxiety, depression, chronic pain and illness, cardiac disease, the demands of care-giving, life-threatening illness, grief, spiritual emptiness and balancing everyday stress. Each session involves walking, eating, sitting and/or yoga meditation, instruction and group discussion. Both instructors have trained professionally with Jon Kabat-Zinn and have many years of experience with MBSR training.

- Scott Cruse, LICSW, instructor
- Mondays starting Jan. 28, 6-8:30 p.m. (no class Feb. 18), plus Saturday, March 15, 9 a.m.-4 p.m.

OR

- Judith Lies, LMFT, instructor
- Mondays starting Jan. 21, 9:30 a.m.-noon, plus Sunday, March 2, 9 a.m.-4 p.m.
- Mondays starting March 17, 9:30 a.m.-noon, plus Sunday, April 27, 9 a.m.-4 p.m.
- \$300 plus approximately \$45 for books and tape available at the class
- Up to 27 CEUs for mental health and teaching professionals and up to 32 CEUs for nurses

### Healing Music

This three-part workshop serves as an introduction to music as therapy, wellness and great healing. In the first two parts, music, storytelling, lecture, discussion and interactive musical experiences are combined to provide participants with an understanding of music as a healing force in our lives. The third part of this workshop will be an evening performance of healing music by the instructor, Christian Nielsen. No musical experience is necessary.

- Christian Nielsen, MT-BC, instructor
- Wednesdays, March 12, 19 and 26, 7-8:30 p.m.
- Option I: \$60 for all three sessions
- Option II: \$10 for attendance at only the evening performance on March 26 (Light refreshments will be served.)

### Healing Collage<sup>SM</sup>—A Visual Approach to Dreamwork

Explore Healing Collage<sup>SM</sup>, a non-verbal, creative means of accessing, interacting with and deepening one's relationship with dreams, even in the absence of dream recall. Like the collage artist in the studio, the dreaming self loves to cut, paste and move imagery around in a number of surprising and occasionally shocking ways to get our attention. In this experiential workshop, participants will directly experience the relationship between waking creativity and dreaming in a way that stimulates healing, personal growth and relaxation. No art experience necessary.

- Sheila Asato, MA, instructor—artist, board member of the International Association for the Study of Dreams
- Saturday, Feb. 2, 9 a.m.-4 p.m. (Please bring a bag lunch.)

OR

- Saturday, March 29, 9 a.m.-4 p.m. (Please bring a bag lunch.)
- \$80, includes all materials

### Sleep on it! Dreaming for Health and Creativity

Dreaming is a fundamental part of being human. Since ancient times, dreaming has been regarded as a source of healing and creative inspiration. The instructor will introduce the ancient art of dream incubation and explore its connection to Western medicine, as well as show how people continue to use dream incubation for creative problem solving and personal enrichment. Participants will also be led through a group dreamwork process.

- Sheila Asato, MA, instructor
- Thursday, Feb. 7, 7-8:30 p.m.
- \$20

### Weekly Dream Appreciation Group

In this six-week experiential series, we will explore dreams through a variety of methods including the "if it were my dream" process, gestalt work and embodied dreamwork. No previous dreamwork experience is required.

- Sheila Asato, MA, instructor
- Series starts Friday, Feb. 15, noon-1 p.m.
- \$80

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## Meditation: Mindfulness, Zen and Yoga Nidra

Meditation is a practice that has been used for millennia around the world. Modern research is showing wide-ranging benefits to a consistent practice, including a reduction of blood pressure, calming anxiety and easing pain. Meditation comes in many forms. In this series of classes, experience an introduction to three methods: Mindfulness, Zen and Yoga Nidra.

*Mindfulness* is simply the inherent ability to be present. While it is natural, it is also elusive, especially in the busy and stressful world in which we live. We will explore simple ways to cultivate greater awareness and presence.

- Henry Emmons, MD, instructor
- Thursday, March 6, 7-8:30 p.m.

*Zazen*, the Zen form of meditation, helps us cultivate present moment awareness and an open heart. We will present an overview of the four foundations of mindfulness, which make up the basis of zazen practice. We will also practice kinhin or walking meditation.

- Rebecca Pavlenko, instructor
- Thursday, March 13, 7-8:30 p.m.

*Yoga Nidra* is a guided meditation practice used to discover and embody qualities of equanimity and well-being. This class will include a brief period of gentle yogic movement and breath practice followed by a 30-40 minute guided meditation. The whole practice can be done seated in a chair, seated on the floor or lying down.

- Megan Hatch, RYT, instructor
- Thursday, March 27, 7-8:30 p.m.
- \$60 for all three sessions

## The Art of Healing: a Rotating Exhibit of Work by Local Artists

A monthly exhibit of local artists' work portraying themes of health, healing and spirit displayed at the Institute for Health and Healing Outpatient Clinic. All events are free and open to the public. Exhibit may be viewed during clinic hours, Monday to Thursday, 8 a.m.-9 p.m., and Friday, 8 a.m.-4:30 p.m.

### **January Exhibit – Textiles by Doroth Mayer**

*“As I was going through treatment for breast cancer, many of the women who knew me asked if I was documenting the process by making art. This exhibition is the result of reflection about the strong women in my life who taught me and whose spirits gave me the strength to live through a frightening experience.”*

### **February Exhibit – Oil paintings by John Schuerman**

*“I work in the great artistic tradition – that of reckoning with nature, consciousness and the unknown. Whereas the ancients may have needed to appease the gods to feel conciliatory with the forces of nature, I simply try to appease my own mind and its endless stream of questions about my tiny existence.”*

### **March Exhibit – Photography by Rebecca Pavlenko**

Opening reception on Friday, March 7, 6:30-8:30 p.m.

*“These images are a visual means of conveying my experiences with zazen, the Zen Buddhist form of meditation. After spending some time in meditation practice various states of mind arise and come into awareness. Yet whatever arises, staying in the moment is essential. These images are my attempt to put these experiences into visual form.”*

## — yoga —

### Therapeutic Yoga

Anyone can do yoga; it is not just for the young, lithe and already limber. Yoga is a wonderful aid to healthy living, and can also support the healing process. Among other health issues, yoga can help people who are experiencing low back pain, living with neurological disorders or fighting cancer. A regular yoga practice offers many benefits, including easing muscular tension, improving circulation, increasing flexibility and balance, improving function of various body systems, toning and strengthening the body, and relaxing the body and mind. If you need help determining which class is most appropriate for you, please call 612-863-3333.

### Chair Yoga

In this six-week class, learn gentle yoga postures, breathing techniques and meditation while seated in a chair or using a chair for balance and support.

- Megan Hatch, RYT, instructor
- Thursdays, 4-5 p.m.
- Series start Jan. 24 and March 6
- \$79

### Beginning Gentle Yoga

In this six-week class, learn basic yoga postures, breathing techniques and meditation practices. This style of yoga invites you to move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again.

- Megan Hatch, RYT, instructor
- Wednesdays, 5-6:15 p.m.
- Series start Jan. 23 and March 5
- \$79

## Continuing Yoga

In this six-week class, deepen your practice as you learn new yoga postures, breathing techniques and meditation practices. This style of yoga invites you to move slowly and with awareness, relaxing mind, body and spirit. This class requires the ability to get down to the floor and up again. Must have taken Beginning Yoga or have permission of instructor to register for this class.

- Megan Hatch, RYT, instructor
- Thursdays, 5:30-6:45 p.m.
- Series start Jan. 24 and March 6
- \$79

## Introduction to Yoga Nidra

Yoga Nidra is an ancient guided meditation practice used to discover and embody qualities of equanimity and well-being. This technique is being used around the country with diverse populations. Come learn how and why it works, and experience it for yourself.

- Megan Hatch, RYT, instructor
- Wednesday, Jan. 23, 6:30-7:30 p.m.
- \$15

## Yoga Nidra—Ongoing Practice Series

Yoga Nidra is an ancient guided meditation practice used to discover and embody qualities of equanimity and well-being. This six-week series will include a brief period of gentle yogic movement and breath practice followed by a 30-40 minute guided meditation in each class. The whole practice can be done seated in a chair, seated on the floor or lying down.

- Megan Hatch, RYT, instructor
- Series starts Wednesday, Jan. 30, 6:30-7:30 p.m.
- \$79

## Yoga Experience Week

Interested in experiencing the benefits of a regular yoga practice? Come try it out for yourself. As winter turns to spring, this is the perfect time to make a one week commitment to your health and happiness. This program consists of one-hour group practice sessions every day for one week, followed by an individual one-hour appointment (to be scheduled within the following month) with the instructor to create a sustainable personal practice tailored specifically for you. Group sessions will be appropriate for beginners to those with more experience, and will require the ability to get down to the floor and back up again. This form of yoga invites you to move slowly and with awareness.

- Megan Hatch, RYT, instructor
- Monday-Sunday, April 28-May 4, 5-6:15 p.m.
- \$150 (includes seven group and one individual session)

## — one-time classes —

### Couples Massage Level II

This two-hour class is for those couples who have completed a first-time couple's massage class. The instructor will build on the therapeutic techniques that were taught in the first class and add a deeper dimension to the knowledge and skill that couples can take home and put into practice. Each participant will give and receive a full body massage!

- Jeremy E. Miller, LMT, NCTMB, BS, instructor
- Tuesday, Jan. 8, 6:30-9 p.m.
- \$60 per couple

### Ayurveda: The Path to Health

#### Part I: Tuesday, Jan. 15, 6:30-8 p.m.

The first class will be an introduction to Ayurveda. Marcia Meredith will give a general introduction to Ayurveda and the concept of "dosha" or mind-body-spirit constitution. This class will also introduce the concept of Prakurtti, or our essential nature, and Vikruti, our current health condition.

#### Part II: Tuesday, Jan. 22, 6:30-8 p.m.

The second class will focus on Ayurvedic diet. Fresh whole foods are generally good for us to eat. Ayurveda offers ideas that refine this recommendation and has suggestions for eating to help balance your constitution and choosing food with awareness of the season. The concepts of "Agni," the digestive fire, and "Ama," toxins in the body, will be discussed with emphasis on eating to reduce toxins and improve health and well-being.

- Marcia Meredith, RN, NP  
certified Ayurvedic practitioner
- Tuesdays, Jan. 15 and 22, 6:30-8 p.m.
- \$50 for both sessions
- 3.0 CEUs available for nurses

### Community Drum Circle

Come to any or all of these monthly open drumming circles to relax, have fun and share the rhythms and energy of the group. No musical experience necessary. Instruments provided or you may bring your own drum or percussion instrument.

- Kim Donley, MS, MT-BC, instructor
- Mimi Lindell, RN, HNC, CHTP, instructor
- Thursdays, Jan. 17, Feb. 21 and March 20, 7-8 p.m.
- \$5 per session
- Pre-registration suggested, drop-ins welcome

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## Couples Massage

Learn massage therapy for you and your partner. This is a great way to help each other with relaxation and therapeutic techniques for muscle aches and pains. Each participant will give and receive a full body massage.

- Jeremy E. Miller, LMT, NCTMB, BS, instructor
- Tuesday, Jan. 29, 6:30-9 p.m.
- \$60 per couple

## Nutrition for Acid Reflux

Millions of Americans experience heartburn, indigestion or other symptoms associated with gastric reflux. Join our nutritionist as she discusses some simple nutritional strategies and lifestyle changes to improve symptoms and ways to determine the underlying cause.

- Carolyn Denton, MA, LN, instructor
- Monday, Feb. 18, 6:30-8 p.m.
- \$20
- 1.5 CEUs available for nurses

All classes will be held at the Institute for Health and Healing Outpatient Center on the corner of 28th Street and Chicago Avenue. To register or for more information, call 612-863-3333.

## Our location

The Institute for Health and Healing is located on the southeast corner of East 28th Street and Chicago Avenue in Minneapolis. At this corner, our entrance is located in the parking ramp lobby. For parking, access the parking ramp at East 28th Street and Chicago Avenue, entering and exiting at the 28th street entrance.

## Registration

Pre-registration is required for all classes unless otherwise noted. To register, fill out the form below and mail or fax with your payment to the Institute for Health and Healing. You may also register and pay by phone.

For detailed directions to your class or event, call 612-863-3333 or visit [www.abbottnorthwestern.com](http://www.abbottnorthwestern.com)

## Refund Policy

Payment at the time of registration is required to reserve your spot in the class. If a class is cancelled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

## Education Credits

Continuing Education Units (CEU) are now available for select classes. Refer to individual class listings for CEU options.

To register, please fill out the form and mail, phone or fax to:

### INSTITUTE FOR HEALTH AND HEALING

Abbott Northwestern Hospital  
800 East 28th Street  
Mail Route 15115  
Minneapolis, MN 55407  
612-863-3333 (phone) 612-863-9019 (fax)

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Amount Enclosed \_\_\_\_\_

Payment (circle one) Cash Check Visa MC Discover AmEx

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

Make check payable to Institute for Health and Healing.

- \_\_\_\_\_ **Mindfulness-Based Stress Reduction**  starts Jan. 21 (\$300)  starts Jan. 28 (\$300)  starts March 17 (\$300)
- \_\_\_\_\_ **Healing Music**  starts March 12 (\$60)  performance only March 26 (\$10)
- \_\_\_\_\_ **Healing Collage<sup>SM</sup> – A Visual Approach to Dreamwork**  
 Feb. 2 (\$80)  March 29 (\$80)
- \_\_\_\_\_ **Sleep on it! Dreaming for Health & Creativity**  Feb. 7 (\$20)
- \_\_\_\_\_ **Weekly Dream Appreciation Group**  starts Feb. 15 (\$80)
- \_\_\_\_\_ **Meditation: Mindfulness, Zen & Yoga Nidra**  March 6, 13 & 27 (\$60)
- \_\_\_\_\_ **Chair Yoga**  starts Jan. 24 (\$79)  starts March 6 (\$79)
- \_\_\_\_\_ **Beginning Gentle Yoga**  starts Jan. 23 (\$79)  starts March 5 (\$79)
- \_\_\_\_\_ **Continuing Yoga**  starts Jan. 24 (\$79)  starts March 6 (\$79)
- \_\_\_\_\_ **Introduction to Yoga Nidra**  Jan. 23 (\$15)
- \_\_\_\_\_ **Yoga Nidra-Ongoing Practice Series**  starts Jan. 30 (\$79)
- \_\_\_\_\_ **Yoga Experience Week**  April 28-May 4 (\$150)
- \_\_\_\_\_ **Couple Massage Level II**  Jan. 8 (\$60)
- \_\_\_\_\_ **Ayurveda: The Path to Health**  Jan. 15 & 22 (\$50)
- \_\_\_\_\_ **Community Drum Circle**  Jan. 17 (\$5)  Feb. 21 (\$5)  March 20 (\$5)
- \_\_\_\_\_ **Couples Massage**  Jan. 29 (\$60)
- \_\_\_\_\_ **Nutrition for Acid Reflux**  Feb. 18 (\$20)