

normandale

integrative health education center

certificates
workshops • seminars

winter/spring 2014



continuing & integrative
health education

medical careers holistic care hypnosis pharmacy technician mindfulness numerology bodywork
technician feng shui tai chi reiki nursing certification dental herbalism spring forest qigong e
healthcare and wellness medical coding & billing american sign language medical hypnosis
body work feng shui stress reduction homeopathy nursing refresher herbalism spanish sound
acupuncture aromatherapy spring forest qigong spanish light energy dreams anxiety energy
discovery healing touch workplace wellness emotional freedom techniques sound health sy
techniques health information technology spiritual wellness nutrition and diet yoga home h
stress management intuition sound healing medical careers reiki body therapy ayurvedic m



2

Ayurveda Certificate



9

Nutrition and Diet



16

Light Energy Healing Series



24

Healing Arts
Business Practices



32

Healthcare and Medical

NEW

Explore the Healing Arts Business Series

Making a Difference and
Making an Income

see page 24

Alternative Health Practice Laws
and Business Models

see page 25

Your Unique Value to Clients

see page 25



Table of Contents

AROMATHERAPY

Foundations & Applications	2-3
Aromatherapy & Accupressure	3

AYURVEDA

Intro to Ayurveda	2
Ayurveda Certificate.....	3

CODING AND TRANSCRIPTION

Medical Careers Free Info Session	35
Medical Coding & Billing	34
Medical Transcription Editor	35
ICD-10 Fast Track.....	34

CREATIVITY AND DEVELOPMENT

Creating Personal Change	24
Face Reading.....	22
Idea Incubator.....	24
Numerology	22
Personal Safety & Self Defense	36
Philosophy of Nothing	18
Self-Discovery with Enneagram	23
Storytelling for Health	23

ENERGY WORK

Energy Medicine Certificate	16-17
Advance Energy Medicine Workshop	17

EMOTIONAL FREEDOM TECHNIQUES

EFT Levels 1, & 2 Certificates	11
--------------------------------------	----

EXPLORE LANGUAGES

American Sign Language Levels 1 - 4	36
Spanish for Medical Professionals	36

EVENTS

Health IT Free Info Sessions	37
Learning Well on Edge Talk Radio	4-5
Medical Careers Free Info Session	35
Tai Chi Open House	31
Winter Warm-Up	7

FENG SHUI

Attracting Wealth with Feng Shui.....	23
Clearing Clutter with Feng Shui	23
Discovery Feng Shui	22
Healing Environments with Feng Shui	23

HEALING ARTS BUSINESS

Healing Arts Business Series	24-25
------------------------------------	-------

HEALING TOUCH

Healing Touch Level 1 Certification	12
---	----

HEALING PRACTICES

Muscle Response	13
Body Signals & Dreams	13

HEALTH INFORMATION TECHNOLOGY

Health Information Technology	37
-------------------------------------	----

HEALTHCARE AND MEDICAL

Dental Continuing Education	32
Emergency Medical Responder Refresher	33
Healthcare Provider CPR – Renewal	33
Healthcare Provider CPR	33
Medical Administrative Assistant	35
Nursing Refresher	32
Pharmacy Technician	33

HERBALISM

Herbalism Certificate	6
Herbs for Musculoskeletal System	7
Wild Plant Walk	7

HOLISTIC CARE

Adrenal Fatigue	8
Balancing Hormones Naturally	8
Natural Thyroid Health	8

HOMEOPATHY

Homeopathic First Aid	5
Homeopathic Medicine	4
Homeopathy & Influenza	5
Immunizations From a Homeopathic Perspective	5

HYPNOSIS

Anxiety Reduction	10
Medical Hypnosis	10
Self Hypnosis Part 1 & 2	10-11

LIGHT ENERGY

Intro to Light and Health	16
Light Energy Healing Series	16-17

MEDITATION AND MINDFULNESS

Joy of Living - Level 2	20-21
Taoist Meditation	21
Meditation Methods	21

MOVEMENT AND BODYWORK

Intro to Foot Reflexology.....	27
Pilates Method	27
Belly Dance	26

NUTRITION AND DIET

Good Groceries	8
Paleo vs Plant	8
Diet & Food Theories	9
Brain & Digestive Health	9

QIGONG MOVEMENT FORMS

5 Animal Frolics.....	28
Radiant Lotus	28

REIKI ENERGY THERAPY

Reiki Energy Therapy: Levels 1 & 2.....	12-13
---	-------

SELF MASTERY CERTIFICATE

Self Mastery Level 1 Certificate	18-19
Self Mastery Level 2 Certificate	18

SOUND HEALING

HealthRhythms®	15
Intro to Sound Healing.....	14
Sound Healing Mastery Cert.	14-15

SPRING FOREST QIGONG

Healing Emotions with SFQ	29
Managing Stress with SFQ	29

STRESS MANAGEMENT

Intro to Breathwork	20
---------------------------	----

TAI CHI

Beginning Tai Chi for Health & Arthritis.....	31
Pushing/Sensing Hands.....	28
Sun Style Review Workshop.....	29
Sun Style 97 Form	31
Tai Chi Energy Workshop	28
Tai Chi Fan 2	31
Teacher Certifications.....	30
Yang Style	31

WOMEN'S HEALTH

Adrenal Fatigue	8
Balancing Hormones Naturally	8
Natural Thyroid Health	8
Radiant Lotus Qigong	29
Personal Safety & Self-Defense	36

YOGA

Yoga Sampler	26-27
--------------------	-------

ayurveda certificate



NEW

Ayurveda is the 5,000 year-old holistic medical system from India that emphasizes prevention and encourages health through balancing body, mind and consciousness. This series will introduce core Ayurvedic principles of right thinking, food choices, life style changes, and the use of herbs to create balance in energies responsible for body-mind functions. You will learn about your own psycho-physiological make up and techniques to integrate in your mind-body healing practice. **18 Contact Hours and \$249/series or 3 Contact Hours and \$49/class, INSTR: Asavari Manvikar, MD (Ayurveda) RAS.**

Introduction to Ayurveda

This foundational course covers the history, science and purpose of Ayurveda, the five elements and the Dosha, one of the three vital bioenergies. *Introduction to Ayurveda is a prerequisite for ALL other Ayurveda classes in this series.*

Class ID: 32334 Tue, 2/11/14 6:00pm – 8:30pm RM: P1840

aromatherapy

Aromatherapy Foundations Certificate

This beginning level course in Aromatherapy teaches you the foundational information and skill set needed to begin using essential oils in safe, practical, and cost-effective ways. The course is supported by professional research and resources. After this course you will understand why Aromatherapy is the first choice in integrative care in health care settings and homes today. Essential oils are unique in that they work simultaneously on three levels of healing: therapeutically on the physical body, emotionally, and energetically – bringing healing and balance simultaneously. *Note: Oils and supplies are available for purchase in class, but not required.* 15.6 Contact Hours, \$225

Class ID: 32351 Fri, 3/7/14 8:30am – 4:30pm
& Sat, 3/8/14 9:00am – 4:00pm RM: P1810

Recommended textbook: “*The Complete Guide to Aromatherapy*” 2004 (2nd edition) by Salvatore Battaglia. Available at major textbook retailers.

Jodi Baglien, CA, CST, is certified in both clinical aromatherapy and shiatsu therapy. Jodi has worked in private practice for over 10 years and is the “go to resource” for hands on aromatherapy training and resources as the regional director and chair of the education committee for the Alliance of International Aromatherapists.



Learn the concepts of Agni, Ama (toxins), the six tastes and some basic rules for eating food and unhealthy food combinations.

Discover characteristics of Ayurveda's Vata, Pitta and Kapha body types, individualized for your own body and system.

Tune into nature's patterns and rhythms and learn a general routine, your Dosha specific routine, to support your practice.


Learn about seasonal changes to the body, health and emotional levels, different stages of body imbalance and detox techniques.

Bring balance to your individual constitution through the use of specific foods, herbs and spices to boost immunities.

This course will teach you the hands-on skills needed to begin selecting and applying essential oils in safe, practical, and cost-effective ways. Upon completion of this course you will understand the effects of stress on the body and gain detailed assessment skills to determine which oils and methods of applications to use for stress and pain reduction. This course is taught from a holistic approach and is easily applied to many care environments or for home use. 15.6 Contact Hours, \$285

Do you want to experience a shift towards better balance, harmony and well-being? Then come and learn how genuine essential oils paired with key acupoints on the body produce quick, effective rebalancing on the physical, emotional and energetic bodies. This introductory class will teach you two powerful stress reducing techniques that you can use right away for stress relief and overall healing. By pairing aromatherapy and shiatsu, you can profoundly enhance your well-being routine and add a new rich dimension to your holistic practice with essential oils. *Special Bonus! Take home your energetically aligned essential oil used in class.*

3.6 Contact Hours, \$59

A decorative image in the bottom right corner showing two amber-colored glass bottles of essential oils with black caps, lying next to a small sprig of dried lavender flowers.

Complementary Medicine Continues to Grow

Over the past ten years, sales of homeopathic medicine have increased 10 to 20 percent each year and 70 to 90 percent of people use alternative medicine worldwide.

This certificate program prepares you with practical skills that can be applied immediately, including; the basic laws of homeopathy, how remedies are made, and applications for infectious disease and acute conditions. Individual courses will introduce you to more in-depth treatment options for influenza, natural immunization information, and first aid applications. **18 Contact Hours/\$279 for series, INSTR: Cilla Whatcott, H.D., RHom, CCH**

Class 1: Foundations of Homeopathic Medicine

This foundational course will acquaint you with the theory and application of homeopathic medicine. Learn more about how and when to apply homeopathic treatment in both acute and chronic situations. As a whole system of healing, homeopathy offers deep curative action by enhancing the immune system and supporting the natural vital force. It can be used adjunctively in pre and post-operative treatment, curatively in infectious disease, with acute injuries and also prophylactically, as evidenced with numerous clinical studies. **7.2 Contact Hours, \$149**

Class ID: 32508 Sat, 2/8/14 9:00am – 4:00pm RM: P1840



Learning Well on Edge Talk Radio

First Tuesday of the Month – 6 pm Central

sponsored by
INTEGRATIVE HEALTH EDUCATION CENTER
at Normandale Community College

“This class was so much more
than I expected! Wonderful!”

Class 2: Homeopathy and Influenza

De-fuse your flu fears! Learn the history of epidemics and the track record of homeopathy. What does current scientific thinking say about immunity? How do flu shots work? What about high fevers? Come with your questions and learn how to use seven highly effective remedies to fortify yourself during the flu season. 3.6 Contact Hours, \$49

Class ID: 32509 Sat, 3/1/14

9:00am – 12:00pm

RM: P1840

Class 3: Immunization From a Homeopathic Perspective

A classical homeopath will share information gleaned from multiple independent studies regarding the mechanism of vaccination, the components of vaccines, how the immune system responds to vaccines, and the historical and current thinking regarding immunization. 3.6 Contact Hours, \$49

Class ID: 32510 Sat, 3/22/14

9:00am – 12:00pm

RM: P1842

Class 4: Homeopathic First Aid

Learn the basics of using homeopathy to treat minor injuries and illnesses. All natural, over-the-counter, homeopathic remedies are FDA approved and safe for children, adults and the elderly. Learn how to engage the body's natural defenses to maintain more vibrant health. This course will cover: burns, wounds, ear infections, the main characteristics of an illness and how to match them to a remedy choice. Learn the identification of 20 homeopathic remedies that are used in acute care and leave with a sturdy plastic case for keeping remedies and your own supply of arnica 200c that we will make together in class! 3.6 Contact Hours, \$89

Class ID: 32539 Sat, 4/12/14

9:00am – 12:00pm

RM: P1842

Host **Maureen Pelton** engages local and national thought leaders on topics including integrative health, meditation and mindfulness, and spiritual development.

Upcoming Shows:

“Mindful Leadership” Janice Marturano,
former VP for General Mills, Founder of the Institute
for Mindful Leadership

“Cravings, Addictions and the Brain”
Judson Brewer MD, PhD on Mindfulness and Addiction

Visit www.blogtalkradio.com/edgemagazine or call 714-364-4750.

Can't make it? Listen to the archived episodes at www.blogtalkradio.com/edgemagazine



Join the Show – Call in with questions for Maureen and guests!

See website for more information.

herbalism certificate



Herbal therapy is the oldest and most widespread form of healing on planet earth, generally regarded as safer and just as effective (if not more) as orthodox medicine and easily learned and used by the lay person. Learn to apply herbal therapy through the use of tinctures, glycerites, teas, capsules, poultices, compresses, and salves to support the constitution referencing an array of conditions and in close consideration of guidelines to indications, dosage, and contraindications. **24 Contact Hours and \$310 for series or 3 Contact Hours and \$45/class. INSTR: Matthew Alfs, M.H., A.H.G.**

NEW! This series has been expanded to provide a deeper exploration of the history and development of Herbal Therapy.

Class 1: The Development, Forms and Energetics of Herbal Therapy

This 2-part class introduces the major herbal systems of the world.

Part 1: Class ID: 32355 Mon, 3/24/14 6:30pm – 9:00pm RM: P1840

Part 2: Class ID: 32356 Mon, 3/31/14 6:30pm – 9:00pm RM: P1840

Class 2: The Constituents and Properties of Herbs

This 2-part class covers the chemical properties of herbs in detail.

Part 1: Class ID: 32357 Mon, 4/7/14 6:30pm – 9:00pm RM: P1840

Part 2: Class ID: 32358 Mon, 4/14/14 6:30pm – 9:00pm RM: P1840

Class 3: Herbs for the Respiratory System

This class will focus on herbs that support the respiratory system.

Class ID: 32359 Mon, 4/21/14 6:30pm – 9:00pm RM: P1840

Class 4: Herbs for Liver Function and Detoxification

The liver has many hundreds of functions, this class will focus on those herbs which enhance the vital functions of this hardworking organ.

Class ID: 32360 Mon, 4/28/14 6:30pm – 9:00pm RM: P1840

Class 5: Herbs for the Lymphatic and Urinary System

This class will focus on those herbs which enhance the function of the lymph nodes and improve the efficiency of the kidneys to purify the body.

Class ID: 32362 Mon, 5/5/14 6:30pm – 9:00pm RM: P1840

Class 6: Herbs for Women's Reproductive Health

Herbal aids for women's reproductive health is a complex subject that will be addressed in this class.

Class ID: 32361 Mon, 5/12/14 6:30pm – 9:00pm RM: P1840

Wild Plant Walk:

Identification for Food & Medicine

NEW

Learn to identify and appreciate basic edible and medicinal uses of wild plants and shrubs of late summer and early autumn. Explore plant life in Normandale's expansive natural setting and learn how to utilize them for food and medicine. Register early, class size is limited. *No prerequisite.* 3 Contact Hours, \$49

Class ID: 32354 Mon, 6/9/14

5:00pm – 7:30pm

RM: P1838

Herbs for the Musculoskeletal System

NEW

For thousands of years, herbs have been identified and utilized to support the health of the joints, tendons, ligaments, bones (including bone density), muscles, and skin. This class will highlight these herbs and their specific applications to the 21st-century American, for whom modern-day stress has wreaked havoc, leading to a bumper crop of osteoporosis, chronic tendinitis, osteoarthritis, autoimmune forms of arthritis, acne, eczema, psoriasis, and other skin complaints. 3 Contact Hours, \$49

Class ID: 32554 Mon, 6/2/14

6:30pm – 9:00pm

RM: P1840

Matthew Alfs, M.H., A.H.G. is a practitioner, educator, and writer in the field of herbal therapy. He is a nationally peer-reviewed, professional member of the American Herbalists Guild. Matthew is also the director of the Midwest School of Herbal Studies. Matthew has authored numerous articles as well as books.



Winter Warm-up for Body, Mind & Spirit Free Spring Sampler

Come for some or all sessions!

Saturday, January 25, 2014

10:00am – 2:30pm

Class ID: 32565

Bring your friends or make new ones as you escape the mid-winter blahs with Normandale's **FREE** Winter Warm-Up for Body, Mind & Spirit: Spring Sampler. Attend 50 minute workshops including Tai Chi, Qigong, Belly Dance, Women's Safety, Sound Healing, EFT, Self-Mastery, Ayurveda, and more!



Three-Systems Approach to Health

This series will enable you to gain a thorough understanding of your interactive system of hormones. Gain practical applications and tools to implement immediately. **10.8 Contact Hours, \$159/series or 3.6 Contact Hours, \$59/class. INSTR: Rhys Preston, DC**

nutrition and diet

Good Groceries: Healthy Grocery Shopping

NEW

How do you find healthy foods? As the food industry is adept at encouraging consumption of less-than-healthy foods, the first step to healthy nutrition is knowing how to navigate the grocery store. After a brief classroom introduction, we'll take a field trip to a local grocery store. You will learn where the healthy foods are hidden and where the unhealthy foods are on display. 3.6 Contact Hours, \$49, INSTR: Paul Ratté, ND

Class ID: 32538 Mon, 3/31/14

6:00pm – 9:00pm

RM: P0838

Paleo vs. Plant Based Nutrition

NEW

Paleo and plant-based diets are in the news. Should you eliminate grains, or eliminate meat? What happens if you do? This class will consider the advantages, and the possible challenges of these diets. Simple rules of thumb will be discussed that combine the benefits of both approaches. 3.6 Contact Hours, \$49, INSTR: Paul Ratté, ND

Class ID: 32493 Mon, 4/7/14

6:00pm – 9:00pm

RM: P1838

Adrenal Fatigue: Stress, Survival, Symptoms and Healing

Adrenal fatigue occurs when the amount of stress over extends the capacity of the body (mediated by the adrenals) to compensate and recover from that stress. Once this capacity to cope and recover is exceeded, some form of adrenal fatigue occurs. Learn more about adrenal fatigue, signs and symptoms, coping with stress and solutions to healing.

Class ID: 32486 Tue, 4/1/14

6:00pm – 9:00pm

RM: P1838

Balancing Female Hormones Naturally

Confused about female hormones? Suffer from symptoms like hot flashes, insomnia, sweet and carb cravings, weight gain? Learn the tools to prevent and manage these symptoms. Your energy levels will improve and the fat will melt off.

Class ID: 32487 Tue, 4/8/14

6:00pm – 9:00pm

RM: P1838

The Natural Path to Thyroid Health

The thyroid gland controls the rate at which the body produces energy from food and therefore has a primary effect on overall energy levels. It regulates digestion, oxygen consumption, and mobilization of fat from storage. Learn why thyroid issues are difficult to treat, ultimately leading to sluggishness, weight gain, and accelerated aging.

Class ID: 32488 Tue, 4/15/14

6:00pm – 9:00pm

RM: P1838

Dr. Rhys Preston, DC, nutrition counselor and personal trainer, has taught A&P at the Aveda Institute, Center Pointe School of Massage, and the American Academy of Acupuncture and Oriental Medicine.



Diets and Food Theories

NEW

With so many diets available—how do you choose? We'll cover ten food theories, including Ayurveda, Fallon/Price, blood type, vegetarian, macrobiotic, longevity, low-glycemic, raw, and DNA Nutrigenomics plus more. You will learn about the history, benefits and weaknesses of each and will be able to match appropriate diet options to your lifestyle and health goals. 3 Contact Hours, \$49, INSTR: Laurie Nathe, Certified Holistic Health Coach

Class ID: 32490 Tue, 4/22/14

6:00pm – 8:30pm

RM: P1838

Brain and Digestive Health

NEW

Our stomach is our second brain. If we are not digesting properly then our brain is not functioning at its peak. If you wonder how to improve brain health for yourself or someone you love who struggles with anxiety, depression, learning challenges, food intolerances, dementia or Alzheimer's, this class is for you. We will discuss the latest research and tools, and you will take home a kefir starter and recipes to improve your digestion and brain health. 3 Contact Hours, \$64 (with keifer), INSTR: Laurie Nathe, Certified Holistic Health Coach

Class ID: 32489

Tue, 3/25/14 6:00pm – 8:30pm

RM: P1838



hypnosis



“Hypnosis is used increasingly for healthcare applications in hospitals, clinics, and psychotherapy practice. A substantial body of research demonstrates the efficacy of hypnosis as part of the integrative treatment of many conditions that traditional medicine has found difficult to treat.”

– Journal of Heart-Centered Therapies, 2011, Vol. 14, No. 1, pp. 41-75.

Self Hypnosis – Part 1

Self Hypnosis is an easy to learn and an extremely powerful tool for self improvement and healing. This introductory and experiential workshop will teach you what hypnosis is, some history, the mechanics of self hypnosis and how to use it for a variety of reasons. You will experience self hypnosis in class and be given detailed instructions for practice at home to get the results you want such as improving self-esteem, reducing stress, improving concentration, quitting smoking, releasing excess weight, relieving insomnia, enhancing creativity and reducing pain. 3.6 Contact Hours, \$49

Class ID: 32347 Wed, 3/5/14 6:00pm – 9:00pm RM: P1840

Medical Hypnosis

NEW

As a healthcare professional, medical hypnosis will provide you with an additional and powerful tool for patient care. Explore how to intervene appropriately with hypnosis in medical situations, how hypnosis is helpful for pre- and post-surgery. Learn to recognize the hypnotic state (whether formally induced or spontaneous). Learn how the traditional medical setting in and of itself creates a hypnotic state in a large percentage of patients, and how to quickly induce hypnosis in a willing patient, and ways to induce the relaxation response. You will also leave this class with a quick method of teaching your patients self hypnosis to create the relaxation response, for self care management of symptomology and increased healing. This class will give you the fundamentals to begin to use hypnosis as a healthcare professional, and creates the basis of understanding needed to pursue further training and certification in the growing field of medical hypnosis. 7.2 Contact Hours, \$129, INSTR: Cindy Locher, CI, BCH, MNLP

Class ID: 32564 Thur, 5/1/14 & 5/8/14 6:00pm – 9:00pm RM: P1840

Mind Body Techniques for Anxiety Reduction

Anxiety is a growing problem affecting many people; anxiety disorders are on the rise as our society becomes more complicated and more stressful. For many sufferers, the medications prescribed may reduce the reactions, but not overcome the anxiety entirely. This class teaches several mind/body techniques that naturally and effectively stop anxiety at its source, without the side effects of medication. You will learn the causes of anxiety, how to recognize and control your own reactions quickly and naturally, and learn tools to prevent anxiety from reoccurring. 3.6 Contact Hours, \$49, INSTR: Cindy Locher, CI, BCH, MNLP

Class ID: 32349 Thur, 4/3/14 6:00pm – 9:00pm RM: P1838

“This is VERY valuable information for both myself and my patients at work.”

Self Hypnosis – Part 2

This class focuses on the components of the self hypnosis session, including inductions, deepeners, writing effective suggestions and trance termination. Extra time dedicated to practice of self hypnosis and writing suggestions. 3.6 Contact Hours, \$49

Class ID: 32348 Wed, 3/12/14

6:00pm – 9:00pm

RM: P1842

See website for class descriptions and prerequisites.

Cindy Locher, CI, BCH, MNLP, is a Board Certified Hypnotherapist practicing in Apple Valley, MN. An author and recognized expert in the field, she speaks and teaches hypnosis at both national and international conferences and is a frequent contributor to numerous publications. Cindy is a graduate of the Hypnosis Motivation Institute and Center for Behavioral Sciences in Los Angeles, a member of the American Hypnosis Association and the International Association of Counselors and Therapists.



emotional freedom techniques

Emotional Freedom Techniques (EFT) is a powerful self-tool to release unhealthy thoughts and emotional stress, and quickly manifest positive change.

EFT: Level 1 & 2 Certificates

These hands-on workshops are part of the required training for certification as a practitioner through EFT Universe. You will learn the core concepts of EFT through step-by-step instruction, demonstration, and supervised hands-on practice. The workshops are designed to build your skills and confidence and are also intended for those who simply want to learn about and become more proficient with EFT in a supervised environment. 19.2 Contact Hours, \$395 per certificate

Level 1 Certificate:

Class ID: 32345 Sat & Sun, 2/22/14 & 2/23/14

8:00am – 4:30pm

RM: P0842

Level 2 Certificate:

Prerequisite: EFT Level 1 or prior approval by the instructor.

Class ID: 32346 Sat & Sun, 3/1/14 & 3/2/14

8:00am – 4:30pm

RM: P0842

Valerie Lis, MA, EFT Expert, Practitioner & EFT Universe Certified Trainer has conducted training sessions and workshops on EFT since 2002. She also teaches college students and health professionals about the field of Integrative Health and frequently presents at conferences.



reiki energy therapy



Reiki Energy Therapy is a simple, natural and safe method of therapy that uses life force energy transmitted through a practitioner's hands, which offers physical pain reduction and profound relaxation. Reiki Energy Therapy sessions are a hands-on, fully clothed touch therapy.

Reiki Energy Therapy Level 1

Reiki Energy Therapy is a simple, natural and safe method of therapy that uses life force energy transmitted through a practitioner's hands that offers physical pain reduction and profound relaxation. Reiki Energy Therapy sessions are a hands-on, fully clothed touch therapy. These courses are taught using traditional Usui Reiki form. Please bring a bag lunch and pillows, towels, and/or mat. 8.4 Contact Hours, \$150

Class ID: 32468	Sat, 2/1/14	8:00am – 4:00pm	RM: C3061
Class ID: 33584	Sat, 3/1/14	8:00am – 4:00pm	RM: C3061

healing touch

Healing Touch International (HTI) Level 1

Healing Touch is relaxing, nurturing energy therapy which uses gentle, heart-centered touch to assist in balancing physical, mental, emotional and spiritual well-being. It enhances the body's natural ability to heal. The class is open to anyone who desires to study energy therapy with a commitment to help others. Works in complement with standard medical care and other health care systems. Healing touch is safe for all ages. Upon completion of Level 1, students are eligible to apply for consideration to become a certified Healing Touch Practitioner. For more information, visit our website. 18 Contact Hours, \$295 (workbook included)

Class ID: 32563	Fri, 4/25/14	8:00 am – 5:00pm	RM: P1810
	& Sat, 4/26/14	8:00 am – 4:00pm	

Barb Schommer, RN, MS, CHTP, CHTI comes into healing and energy work with 30 years experience as a public health nurse. As a Certified Healing Touch Practitioner she assists people in their self healing journey. She is intrigued by the energetic aspect of primary prevention, and combines her prevention skills with Healing Touch in assisting people to prevent and/or relieve disease.



“Wonderful course!
Will be back for Reiki 2.”

Reiki Energy Therapy Level 2

This class provides advanced skills in Reiki Energy Therapy, increasing the power and versatility of the use of the therapy. The practitioner develops abilities to handle more complex situations and techniques to strengthen and enhance the therapy. Upon completion of this course, the student is certified as an Advanced Practitioner with greater capabilities and ability to transmit the Reiki life force. The course is taught using the Traditional Usui Reiki form. Please bring a bag lunch. *Prerequisite: Certification in Reiki Energy Therapy 1.* 8.4 Contact Hours, \$150

Class ID: 32470 Sat, 4/12/14

8:00am – 4:00pm

RM: C3061

Lucille Crow, RN, RM, CHT is a speaker and educator, R.N., Reiki Master and Certified Hypnotherapist. Lucille brings a wealth of experience, knowledge and wisdom to provide a powerful perspective to her work. As an R.N., she worked in cardiovascular research at Stanford University and the University of Minnesota.



healing practices

Muscle Response Self-Testing and Trauma Release

NEW

Toxins and trauma block one's ability to live a healthy, happy life. In this workshop, you will learn about toxins, how to identify them, and address how to protect yourself from toxins using muscle response testing. Then you will learn Quantum Techniques Trauma Release – releasing those emotions, traumas and beliefs that block us from healing the energy field and body. 6 Contact Hours, \$129, INSTR: Thomas Miller, DC, Shanna Shouman, DC and Heidi Gilman, NCABT

Class ID: 33583 Sat, 3/29/14

9:00am – 2:00pm

RM: P1842

Listening to Your Body's Signals & Activating Your Dreams for Healing

NEW

Symptoms in the body do not arise from nowhere. Learn how to interpret some of these signals, and more importantly some simple yet effective self-care therapies to help clear through the underlying conflicts via the dreams. Learn 19 Holistic self-care therapies that use a combination of touch and a special blend of essential oils to clear blockages and help promote health and wellbeing. 7.2 Contact Hours, \$176, INSTR: ShaOn Blodgett


Class ID: 32562 Sat, 4/5/14

9:00am – 3:00pm

RM: P1840

“Sigmund Freud called dreams
‘the Royal Road to the subconscious’”

sound healing



Sound Healing is a form of energy medicine or vibrational therapy. Every living thing has a frequency or vibration. When we harness the power of sound with conscious intention, we create a positive, healing reaction, in the body, energy field, and the mental, emotional and spiritual realms. Sound healing is effective in helping you manage pain, stress, and to face challenges more easily. It's also a powerful way to become more conscious and aware, deepening your compassion and opening new pathways to becoming more of your authentic self.

Introduction to Sound Healing Basics

Discover how sound healing is emerging as a highly respected and invaluable treatment method. Learn to use basic sound healing tools to clear mental, physical and emotional roadblocks. Experience an introduction to multiple sound healing tools and instruments to create a circle of healing sound. 2.4 Contact Hours, \$49, INSTR: Kay Grace, CSH

Class ID: 32515 Wed, 2/12/14

6:00pm – 8:00pm

RM: P1840

Minnesota Board of Nursing Continuing Education Requirements

The Minnesota Board of Nursing is the source of specific information regarding individual registration requirements. All programs are designed to meet Minnesota Board of Nursing requirements for registered nurses and licensed practical nurses. It is up to the individual licensee to decide if the content enhances his or her ability to practice nursing.

Sound Healing Mastery Certificate

This certificate program has been uniquely designed for you to learn sound healing techniques through an immersive, in-person learning experience and live, instructor led webcasts for maximum flexibility and scheduling. You will explore how sound is used to clear mental, physical and emotional roadblocks, and to harmonize with your environment. You will experience an introduction to Tibetan Singing Bowls, Tuning Forks, Crystals, Drums, a Sound Bath, and your own Voice to create a circle of healing sound. Come and harness the power of sound with conscious intention and learn to create positive, healing energy.

Coursework – 10 Live Webinar Series

Learn the art and science of sound healing and begin developing your sound healing skills and knowledge through this blended learning experience. This learning is facilitated through 10 live webcast sessions and will also be available as recordings to allow for attendance flexibility.

Thursday, 2/13/14 – 4/17/14

6:30pm – 9:00pm

Retreat Experience – 3 Day Immersive

Spoil yourself with an immersive, 3-day retreat experience where you will experience hands-on learning with real sound tools and special guest presenters. Retreat includes meals, snacks and lodging and is located less than one hour from Minneapolis. See website for complete details and itineraries.

Thursday (evening) – Sunday, 5/1/14 – 5/4/14

Tuition \$1,100, plus Retreat room & board \$497

Registration for this class is through

www.energyexpress.com/sound-healing-certification

Kay Grace is a graduate of the four year certification program in advanced energy work from Inner Focus School. She has also studied Sound Healing extensively with Jonathan Goldman and the Sound Accord Healing School. Kay is a member of Healing Touch International, the International Sound Healers Association, and ABMP.



Drum It Up with HealthRhythms®

In this three-part series, you will discover your personal rhythm with HealthRHYTHMS® group empowerment drumming and wellness exercises. Group drumming is an evidenced based wellness program that promotes relaxation and boosting of the immune system. No experience necessary and drums will be provided. 7.2 Contact Hours, \$89, INSTR: Cheri Bunker, MT-ASCP

Class ID: 32461

Mon, 4/7/14 – 4/21/14

6:00pm – 8:00pm

RM: P0806



energy medicine certificate



The **Energy Medicine Certificate** introduces the philosophies and descriptions of energy anatomy and energy healing. To earn the certificate, you must take all seven classes. However, you can also choose to enroll in individual classes. **58.8 Contact Hours and \$875 for the entire series or 8.4 Contact Hours and \$145 per class. INSTR: Cyndi Dale**

Classes 1 -3 will be offered in Fall 2014
See website for more information

Class 4: Energy Anatomy: Fields

Every living being and even inanimate objects emanate energy fields. There are thousands! Explore the myriad of these fields and how they work. Topics covered include geopathic stress, electropollution, auric fields, and morphology. **8.4 Contact Hours, \$145**

Class ID: 29812 Sat, 2/8/14 9:00am – 4:00pm RM: P0842

Class 5: Energy Anatomy: Centers

Across time, cultures have accessed their energy centers to diagnose challenging conditions, heal disease, balance emotions, cleanse the mind, create abundance, and perform everything from manual to supernatural feats. Energy work necessitates a thorough knowledge of these centers, especially the chakras, for the same purpose. We'll explore various cross-cultural chakra systems and the spiritual and scientific explanation for how they work before describing the 12-chakra system in detail. **8.4 Contact Hours, \$145**

Class ID: 29813 Sat, 3/8/14 9:00am – 4:00pm RM: P0842

light energy

Light Energy for Health and Healing Series

NEW

This exciting new series will introduce you to the healing concept of light energy. You will learn recent research and theories about the relationship of light to human physiology and health with an emphasis on the mind-body connection and the four core principles of quantum physics. **18 Contact Hours and \$275 for series or 3.6 Contact Hours and \$65 per class. INSTR: Marit Solheim Witt**

Introduction to Light and Health

Human beings use light as information on all levels: physical, emotional, mental and spiritual. We process light from the environment through our eyes and skin. Scientists now believe that all molecular processes in the body are potential sources of biophotons – emissions of light which may be part of an unrecognized communication network in the body. This course will explore definitions of energy, the potential roles of light and biophotons in the body, and how quantum physics and theory of relativity apply to biological systems. **3.6 Contact Hours, \$65**

Class ID: 33622 Sat, 2/22/14 9:00am – 12:00pm RM: P1840

Certificate Information: To earn the Light Energy for Health & Healing Certificate, you must complete all 5 Light Energy Courses. Class 1, Light & the Heart and Class 2, Light & the Mind will be offered in Fall 2014.

Class 6: Energy Healing

We'll cover topics and techniques including energy assessment, clearing, balancing, and opening to help heal self and others. You'll leave this practical day enthused to become the healer that you are. **8.4 Contact Hours, \$145**

Class ID: 29814 Sat, 4/12/14

9:00am – 4:00pm

RM: P0842

Class 7: Energy Medicine: Being the Practitioner

The question is—which one? There are hundreds if not thousands of different types of energy work practices, and in this workshop you'll learn about and practice a number of them. We'll present the major categories of energy work as well as their benefits and outline the various criteria for deciding which to participate in or recommend to someone. **8.4 Contact Hours, \$145**

Class ID: 29815 Sat, 5/10/14

9:00am – 4:00pm

RM: P0842

Cyndi Dale is the president of Life Systems Services Corporation and is an internationally recognized author of dozens of books on spiritual development, personal growth and energy healing.



Advanced Energy Medicine Workshop

Have you been studying healing or intuition? Are you ready to practice, practice, practice? This hands-on workshop will be conducted via demonstration and by working on the issues represented in the class. We will cover advanced insights on healing trauma, autoimmune dysfunctions, emotional and mental challenges, pain, finances, and relationship issues, by using your personal gifts to develop your own unique techniques. *Prerequisite: Energy Medicine Certificate.* **3.6 Contact Hours, \$145, INSTR: Cyndi Dale**

Class ID: 29821 Sat, 5/17/14

9:00am – 12:00pm

RM: P0842

Class 3: Light and Emotions

This course will focus on emotional energy in light, colors, rhythm, symbols and patterns. Using the theory of relativity as our lens, you will explore the profound emotional connection human beings have to light and time, physically on the endocrine system and energetically on the chakras. You will learn to use colors, mantras and symbols as strategies for reading energy and applying this knowledge toward generating flexibility, resiliency and managing stress. **3.6 Contact Hours, \$65**

Class ID: 33623 Sat, 3/22/14

9:00am – 12:00pm

RM: P1840

Class 4: Light and Breath

Learn how light and breath interact inside cells. In this class, we will explore the quantum principle of entanglement and new research into the magnetic and static fields inside cells. The cell is a cavity of resonance generating multiple fields of energy. Discover new research into the universe of the cell including how biophotons contribute to vital cellular processes. You will learn techniques to use light and breath to engage the relaxation response in the body and mind. **3.6 Contact Hours, \$65**

Class ID: 33624 Sat, 4/26/14

9:00am – 12:00pm

RM: P1840

Marit Solheim-Witt is the founder of Alpha Element Institute and teaches strategies for personal development, creative thinking, stress and energy management to support the wellbeing of individuals.



Self Mastery Level 1 Certificate

Self Mastery is necessary in the world today. When you master the self you master the world. Clarity and certainty are attainable once the powers of the mind, body, heart and spirit are harnessed. **10.8 Contact Hours and \$129 for series or 3.6 Contact Hours and \$49 per class. INSTR: Hanakia Zedek**

Class 1: Unleashing the Warrior in You

Most people never have the opportunity to be trained as a Warrior. Military combat training is not Warrior ship and neither are most martial arts and fighting styles. Warrior ship is a way of life, a constant choice, a sculpting of mind, body, heart and spirit. A path that guides people to leading a more fulfilled life, it can be fierce, defiantly on the edge, immensely rewarding, committed and powerful. Perception is not only the ability to see what is, it is also the ability to change it and shift self and reality. This training will help you to see inside, outside, and beyond the box.

Class ID: 32438 Tue, 4/8/14 6:00pm – 9:00pm RM: P1840

Self Mastery Level 2 Certificate

Pathway's to Personal Power and Freedom

NEW

Become the master of your life. This series builds on Level 1's work by integrating and applying the awakened abilities and awareness to create a new path as master of your life. *Prerequisite: Self Mastery Level 1 Certificate. To register, call 952-358-8343.* **10.8 Contact Hours and \$129 for series or 3.6 Contact Hours and \$49 per class.**

Class 1: The Hero's Journey

Class 2: From Ordinary to Extraordinary

Class 3: Becoming the Master

Tue, 4/29/14 – 5/13/14 6:00pm – 9:00pm

The Philosophy of Nothing:

Accessing the Essence of Self and Universe

This course offers the opportunity to access, understand and utilize the everyday application of ancient knowledge and wisdom. It explains why the universe is at the heart of so many systems of understanding. Gain information about other belief systems and learn what is common and unique to your own values and life experience. **3.6 Contact Hours, \$59, INSTR: Hanakia Zedek**

Class ID: 32353 Tue, 4/1/14 6:00pm – 9:00pm RM: P1840

Class 2: Expanding Awareness and Sensitivities

Awareness is the deepest form of knowing, one of the intuitive gifts, and can provide us with a direct link to the universal silent knowledge that's rich and deeply filled with wisdom and understanding. Sensitivity is the depth of feeling, and development in this area allows you to truly see things from other perspectives more clearly. Learn how to enrich your relationships in all areas of your life.

Class ID: 32439 Tue, 4/15/14

6:00pm – 9:00pm

RM: P1840

Class 3: Developing Your Natural Abilities

Cultivate your natural abilities; those that you are born with and those that are developed throughout your life. Focusing on your strengths allows you to ride through the ups and downs of life in a more fluid manner, thriving rather than just surviving. After completing this course, you will be able to navigate the world, people and experiences with greater clarity and feel more empowered.

Class ID: 32440 Tue, 4/22/14

6:00pm – 9:00pm

RM: P1840

Hanakia Zedek is a well known and respected Public Speaker, Shaman, Mystic, and Musician. He has 40+ years of hands on experience in the Metaphysical, Psycho~Spiritual, Magical, Esoteric, Healing and Martial Arts. Hanakia is the author of "TaoZen Verses."



Wellness AT Work

Research shows that work environments that support healthy employees provide many benefits:

- Increased Employee Retention and Loyalty
- Reduced Stress and Conflict
- Enhanced Productivity
- Increased Creativity and Innovation

Popular programs include stress reduction, nutrition, communication, creativity, conflict management, feng shui, yoga, tai chi, qigong and meditation. Call **952-358-8343** to learn more about how you can bring wellness to work.

meditation and mindfulness



Joy of Living

The Joy of Living program offers a learning path of meditation practice that can be followed by anyone. Though rooted in the ancient Buddhist teachings of Tibet, the practices taught are not religious in nature. This program addresses the basic functions of the mind, such as mindful awareness and the movements toward happiness and away from stress and suffering. The Joy of Living program presents the ancient wisdom of Tibet in a fresh, engaging manner. The lessons weave together personal and real life experiences with modern scientific research, relating both to the practice of meditation.

The Joy of Living program contains three levels:

- Calming the Mind
- Opening the Heart
- Awakening Wisdom

stress management

Introduction to Breathwork Staying Calm, Cool and Focused

This introductory course will help you uncover the power for health and wellness by simply paying attention to your breath. This course will be interactive and experiential. When you become aware of your breath you begin to unlock the stresses that keep you from feeling energized and alive. You will learn three simple breathing techniques for relieving stress, reducing the effects of physical illness and understand how to stay calm, cool and focused during times of stress. 3.6 Contact Hours, \$49, INSTR: Patrick H Weseman, CYT

Class ID: 32485 **Thur, 4/3/14**

6:00pm – 9:00pm

RM: P1840

Self-Hypnosis

See pages 10 & 11 for course descriptions.

Managing Stress with Spring Forest Qigong

See page 29 for course description.

Aromatherapy Applications: Reducing Stress and Pain

See page 3 for course description.

“Loving kindness meditation
is shown to strengthen
the nerve connecting the brain to the heart.”

Joy of Living Level II: Opening the Heart

NEW

Learn how meditating on loving-kindness and compassion can open our hearts to the world around us, and relax the self-centered tendencies that lead to anxiety, dissatisfaction, and suffering. Cultivating loving-kindness and compassion helps us to see the basic goodness that all beings share. By relating to others in an open-hearted way, we bring peace to the mind and develop a sense of confidence and purpose. This, in turn, naturally brings harmony to our relationships and enables us to work with challenging situations more effectively. 16.8 Contact Hours, \$195 (Materials include: “Opening the Heart: A Guide to the Joy of Living Level II” Handbook and 2 DVD (6-hrs) set), INSTR: Edwin Kelley

Class ID: 32471 Fri, 3/28/14 & 9:00am – 5:00pm
Sat, 3/29/14 9:00am – 4:00pm

RM: P1842

Yongey Mingyur Rinpoche, founder of the Joy of Living program, is considered a rising star among the new generation of Tibetan Buddhist masters.



meditation

Taoist Healing & Transformation Meditation

Join Certified Universal Tao Instructor Bryan D. Bertsch for an inspiring series of self-healing meditation techniques. You will learn “The Inner Smile” and “MicroCosmic Orbit,” which are part of the Universal Tao System as taught by Master Mantak Chia. These techniques teach you how to transform everyday stress into vitality and balance negative emotions with positive ones to create internal harmony. Learn how to relieve chronic pain, detoxify your system, increase your energy and enjoy better health. 2.4 Contact Hours, \$49, INSTR: Bryan Bertsch, UHT, CIM

Class ID: 32475 Wed, 4/30/14 6:30pm – 8:30pm

RM: P1840

Meditation Methods

NEW

Not all meditation is sitting silently. In the midst of activity and change, this class will help you find inner peace and centeredness. Each week you will discover different techniques that fit you where you are. Drawing from wisdom past and present, you will learn gentle breathing techniques, heart-centered meditation, mantra meditation, and walking meditation. 7.2 Contact Hours, \$129, INSTR: Barbara Everett

Class ID: 32472

Mon, 2/24/14 – 3/10/14 6:00pm – 8:00pm RM: P1838

Yoga, Mudras, Mantras and Meditation

See page 27 for course descriptions.





This 4-part series will provide you with a strong foundation in Feng Shui. After the first class, you will be able to start applying general Feng Shui principles immediately to affect change in various aspects of your life. You will gain a new vision of your space and develop a solid base from which to pursue more in-depth Feng Shui study. *These classes are comprehensive as a series, although may also be taken individually. This program was designed for the individual interested in learning deeper in Feng Shui principle. It does not certify an individual as a Feng Shui consultant.*

Class 1: Discovery Feng Shui: A Personal Journey

This program has been designed to teach you what you must know to get your home in Feng Shui order. You will learn how to apply the principles of Feng Shui to your own home to maximize benefits and minimize challenges so that you can create a space that is in harmony with your life-goals. It provides an excellent foundation for your continued Feng Shui Journey. *Special Offer: Each student will receive a 15 minute personal phone consultation with instructor to review blueprint information and ask individualized questions.* 3.6 Contact Hours, \$69, INSTR: Lisa Janusz, MBA, WWC Master

Class ID: 33610 Sat, 3/29/14 9:00am – 12:00pm RM: P1808

creativity and personal development

Face Reading: Introduction to Physiognomy

NEW

Physiognomy is the ancient process of interpreting facial structure to learn about the inner person. Our facial structure is our “soul print.” Every face is perfect, and reveals in its shape both our gifts and our challenges. This information will empower the participant in situations where we often feel less than powerful – relationships, sitting on either side of the interview table, in team meetings and the dating game. 3 Contact Hours, \$49, INSTR: Ralph Dehner, COTA/L

Class ID: 32462 Sat, 2/8/14 5:30pm – 9:00pm RM: P0840

Exploring Your Heart's Desire Through Numerology

Discover the essence of your Heart's Desire through the lens of numerology. In numerology your Heart's Desire represents your inner wisdom, also known as the Soul's Desire or Motivation number which indicates the nature of the vibration in your energy field that seeks to express more fully in your life and the outside world. You will receive a brief overview of numerology, learning about your inner strengths, internal motivations, and unique sources of happiness represented by your Heart's Desire number. 3 Contact Hours, \$49, INSTR: Susan Elaine Shopek

Class ID: 33609 Thur, 2/20/14 5:00pm – 8:30pm RM: P1838

Class 2: Attracting Wealth & Prosperity with Feng Shui

We'll show you the money! Whatever the state of your financial situation is – you will learn strategies to enhance your wealth. Whether you are protecting your current status or hoping to increase the flow of prosperity in your life, this class will give you simple Feng Shui tools to apply quickly. 2.4 Contact Hours, \$49, INSTR: Michelle Skally Doilney, WWC Master

Class ID: 33611 Tue, 4/8/14 6:00pm – 8:00pm RM: P1808

Class 3: Clearing Clutter with Feng Shui

Before you start applying too many Feng Shui principles, you must deal with clutter. This class will take you through the seen – and unseen – issues that too much stuff can have in your space. By the end of this session you will know what constitutes clutter, how to deal with it without feeling overwhelmed and where to start. 2.4 Contact Hours, \$49, INSTR: Jessica Hoelzel, WWC Master

Class ID: 33613 Tue, 4/15/14 6:00pm – 8:00pm RM: P1808

Class 4: Creating Healing Environments with Feng Shui

Thoughtfully designed environments support the healing process. This class is designed for those dealing with illness and healing, including health care professionals working in a hospitals, long-term care facilities, or clinics, and personal care-givers. Learn how the application of Feng Shui principles can create environments that enhance healing. These concepts will be applied to both health care facilities and personal living spaces. 2.4 Contact Hours, \$49, INSTR: Ellen Schultz, PhD, RN, AHN-BC, WWC Master

Class ID: 33612 Tue, 4/22/14 6:00pm – 8:00pm RM: P1808

Each class is taught by instructors who are certified and approved by the Wind & Water School of Feng Shui (WWC) to assure quality and continuity of information.



Self-Discovery with Enneagram

NEW

Are you a Peacemaker? Challenger? Helper? Achiever? Come and discover your personal Enneagram type through two unique personality tools that will help you learn about how you relate to others and the world around you. This self-discovery course will deepen your self-awareness and provide a better understanding, empathy, and acceptance of others. It is ideal for navigating career pathways, relationships and making better, healthier choices. 2.4 Contact Hours, \$62 (including textbook), INSTR: Vera Snow, MA

Class ID: 32448 Wed, 5/7/14 6:00pm – 8:00pm RM: P1840

Storytelling for Health

NEW

Storytelling is an effective way to trigger empathy, transfer knowledge, promote two-way conversation, and support deeper, richer memories. Learn how to craft stories in a transformative way to help you or your clients cope with whatever life is throwing at them. Stories can be used to empower the tellers and listeners through crisis, processing, and relating. You will learn storytelling techniques to aid in empowerment of experience, and how to use stories in the healing process. 3.6 Contact Hours, \$49, INSTR: Allison Broeren, MBA

Class ID: 32555 Mon, 4/28/14 6:00pm – 9:00pm RM: P0842



healing arts business practices



Turning Your Healing Skills into a Business

NEW

Are you a healer or spiritual teacher, but not sure how to bring your work to the world? Have you thought about receiving money for your healing or teaching skills, but unsure of where to start? Whether you want to make your passion your career, or are just curious about what it takes to have a personal practice, this series will help you decide your first steps. **7.2 Contact Hours and \$129 for the series or 2.4 Contact Hours and \$49 per class**

Class 1: Making a Difference and Making an Income

Bringing your healing and spiritual gifts to the world requires more than being excellent at your art. In this class, you will explore how to receive value in return for your time and skills. Based on your personal strengths and weaknesses, you will be able to decide if starting a practice is right for you, and where to find the expert help you may need to succeed. **2.4 Contact Hours, \$49, INSTR: Sonja Brown**

Class ID: 32566 Wed, 4/9/14 6:00pm – 8:00pm RM: P1840

creativity and personal development

Idea Incubator

NEW

Do you have an idea that you believe has potential? Something you could create or do, someone you believe you are becoming? Do you wish you had people with whom to share the idea, who would intentionally listen and engage in your process? Come join us in a four-week, idea transformational session. From concept to “show time,” we supply the listening with no agenda other than to help you “hatch” something and/or start your creative flow. **9.6 Contact Hours, \$159, INSTR: Vera Snow, MA & Pam Pech, MBA**

Class ID: 32460 Wed, 3/5/14 – 3/26/14 9:00am – 11:00am RM: P1810

Class ID: 33589 Thur, 3/6/14 – 3/27/14 6:00pm – 8:00pm RM: P1840

Creating Personal Change

NEW

Anyone who has ever tried to change a habit knows it is not as easy as it seems. But why? We each have “immunity to change,” competing commitments that keep us stuck. This class will make change theory practical to your unique needs. Drawing on research from behavioral and social psychology, you’ll uncover why changes in the past did not stick, and develop experiments to create happier, healthier patterns. **2.4 Contact Hours, \$49, INSTR: Amanda Gustafson, MA**

Class ID: 33588 Thur, 2/27/14 6:00pm – 8:00pm RM: P1840

No, Not Me! Personal Safety and Self-Defense for Women

Some estimates indicate that two million Americans are victims of violent crimes each year. Empower yourself by mastering simple and effective techniques to ensure that you don’t become one of them. Learn how to prevent, escape, and defend yourself from any attacker – regardless of your size or fitness level. Developed through a combination of research and real-world experience. No other course can offer this much valuable training in a compressed timeframe. **3.6 Contact Hours, \$69, INSTR: Alan Horner, MBA, US Navy Seal Officer**

Class ID: 32350 Tue, 3/4/14 5:30pm – 8:30pm RM: P0806

“*Alternative health practitioners
have flourished in Minnesota
since Statute 146A was passed 2001.*”

Class 2: Alternative Health Practice Laws and Business Models

There are multiple ways you can organize your practice, which can feel anything from scary to exciting. This course will cover the business models from free agent, contract, solo, partnership, LLC and franchise. Learn how to create safety for yourself and your clients with the Minnesota law regulating Alternative Health practice, and insurance options. Choosing the right structure at the beginning will let you concentrate on the fun part- taking care of your clients! 2.4 Contact Hours, \$49, INSTR: Deanna Reiter, MA

Class ID: 32567 Wed, 4/16/14

6:00pm – 8:00pm

RM: P1840

Class 3: Your Unique Value to Clients

You know there are people out there who need what you offer - how will they find you? By becoming clear on your unique services, you will be able to tell a story that attracts your ideal clients. 2.4 Contact Hours, \$49, INSTR: Sonja Brown

Class ID: 32568 Wed, 4/23/14

6:00pm – 8:00pm

RM: P1840

Stay Connected!

Learn about current health and wellness events, interesting topics, meet our instructors up close and personal, and preview the guest line-up for the “Learning Well” radio show.

Scan this code or go to our website to subscribe.





Yoga will strengthen the body, open the heart, and quiet the mind. This four-part series will introduce you to the eight-limbed path of yoga. Bring a mat, blanket, water, and wear comfortable clothing. **9.6 Contact Hours, \$149 for series or 2.4 Contact Hours, \$49 per class. INSTR: Sharon Hills-Bonczyk, MPH, RYT-500**

Class 1: The Eight-Limbed Path of Yoga

This course will introduce you to the eight-limbed path of yoga, allowing you to sample Pranayama (breathing), Pratyahara (sense withdrawal), Dharana (concentration), Dhyana (meditation), and Asana (postures). You will feel the power and love of a deep yogic experience as you come home to your body and quiet the thought-waves of your mind. **2.4 Contact Hours, \$49**

Class ID: 32504 **Thur, 4/3/14** **6:00pm – 8:00pm** **RM: S2330**

Class 2: Pranayama and Yoga Nidra

Pranayama is the art and science of yogic breathing techniques. The benefits include clarity of mind, physical well-being, purpose, intention, inner and outer health and fulfillment, lightness of heart, and even weight loss. Our breathing has a profound effect on the quality of our lives. Deeper and more restorative than sleep, Yoga Nidra is like nothing you have experienced before. This practice completely relaxes the nervous system, releasing physical, emotional and mental tension. One hour of Yoga Nidra is equivalent to three hours of sleep. **2.4 Contact Hours, \$49**

Class ID: 32505 **Thur, 4/10/14** **6:00pm – 8:00pm** **RM: S2330**

movement and body work

Belly Dance for Every Body

NEW

Belly dancing is extraordinarily beneficial for improving flexibility, core strength, endurance, musculature awareness, and posture improvement. You will be introduced to the foundation moves of Middle Eastern dancing. This class will involve a yoga-inspired warm up followed by a cardio shimmy drill. From there, you will be instructed on foundation movements while receiving individual attention to ensure safety and proper technique. Improve your health in a gentle, nurturing environment and have fun doing so. All ages and body types are encouraged. **7.2 Contact Hours, \$59, INSTR: Shannon Townsend, CMT, NCB, TMB, ARCB**

Class ID: 32455	Wed, 2/5/14 – 3/12/14	7:00pm – 8:00pm	RM: A1560
Class ID: 32456	Wed, 3/19/14 - 4/23/14	7:00pm – 8:00pm	RM: A1560
Class ID: 32457	Wed, 4/30/14 - 6/4/14	7:00pm – 8:00pm	RM: A1560

“A York University study found that practicing yoga reduced physical and psychological symptoms of chronic pain in women with fibromyalgia.”

Class 3: Mudras, Mantras, and Meditation

Ancient yogic placement of the body (mudras), repetition of words or sounds (mantras), and techniques to quiet the thought-waves of the mind (meditation) allow you to live with increased clarity, grace and ease. In this class you will have an opportunity to try out mudras, mantras, and eight different kinds of meditation, choosing one or two that you may wish to continue as a personal practice in your life. 2.4 Contact Hours, \$49

Class ID: 32506

Thur, 4/17/14

6:00pm – 8:00pm

RM: S2330

Class 4: Bhakti Yoga of Devotion

Bhakti yoga is that of devotion. It is the yoga of selfless love, compassion, humility, purity, and the desire and serious intention to merge with God. This class will include Kirtan music and chanting, allowing you to experience the profound effects that this meditative path can have on your life. 2.4 Contact Hours, \$49

Class ID: 32507

Thur, 4/24/14

6:00pm – 8:00pm

RM: S2330

Sharon (Shar) Hills-Bonczyk, MPH, RYT-500, has been a yoga practitioner for over 30 years. She is a certified Kripalu Yoga Teacher at the advanced level (RYT 500), registered with Yoga Alliance, experienced in Kripalu and Iyengar yoga, meditation, and ayurveda.



The Pilates Method for an Ageless Body

NEW

Joseph Pilates created a body of work that is proving to be a golden treasure for “fixing” the body. It is an exercise discipline that gravity proofs the body, provides damage control and addresses everybody’s needs, whether healthy and fit, de-conditioned; the child, the adult, male or female. The Pilates Method works to facilitate all other exercise regimes and disciplines and will enhance performance in any and all forms of sports, dance, fitness and conditioning programs. The course will include lecture, discussion and light exercise. 2.4 Contact Hours, \$49, INSTR: Lonna Mosow

Class ID: 32495

Tue, 4/29/14

6:00pm – 8:00pm

RM: P0806

Introduction to Foot Reflexology

NEW

This course focuses upon the relationship between the reflexology zones and maps of the feet and body systems/organs. It includes demonstration and practice of pressure point location and thumb/finger walking which stimulates the innate self-healing of the body through increased circulation, relaxation and balancing of body systems. A brief history of reflexology’s origins, as well as research on the efficacy of reflexology as a complementary modality is included. 3.6 Contact Hours, \$59, INSTR: Denise Tonkinson

Class ID: 32496

Thur, 3/20/14

6:00pm – 9:00pm

RM: P1838



qigong movement forms

5 Animal Frolics Qigong

The Tai Chi Five Animal Frolics are an ancient set of exercises based upon the movements of animals. The forms include the Crane which increases balance and agility, the Bear to develop power, the Monkey enhances flexibility, the Deer promotes grace, and the Tiger which builds muscular strength. These exercises teach how to move the body in accordance with tai chi principles, while enhancing vitality and health. Animal Frolics can be an introduction to Tai Chi or an enhancement of your current practice. 7.2 Contact Hours, \$59, INSTR: Linda Ebeling, CTCA, CTCD, CSTC

Class ID: 32463

Wed, 3/5/14 – 4/9/14	6:30pm – 7:30pm	RM: S2330
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Class ID: 33618

Wed, 4/16/14 – 5/21/14	7:30pm – 8:30pm	RM: S2330
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Radiant Lotus Qigong

A Qigong form to help women 15-95 develop peace, grace and strength. Radiant Lotus Qigong helps support menstrual and menopausal symptoms, breast health, rejuvenating skin, hair and bones, and brings a sense of self-empowerment and ability to cope with stress. This course is recommended for women only. 7.2 Contact Hours, \$59, INSTR: Linda Ebeling, CTCA, CTCD, CSTC

Class ID: 32464

Wed, 3/15/14 - 2/26/14	6:30pm – 7:30pm	RM: S2330
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Class ID: 32466

Wed, 4/16/14 - 5/21/14	6:30pm – 7:30pm	RM: S2330
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tai chi workshops

Tai Chi Pushing/Sensing Hands Workshop

NEW

Sense/push hands training uses various patterns and partner exercises to develop sensitivity to an incoming force. Learn to apply Tai Chi principles to maintain your equilibrium. Sensing hands exercises develop mobility and sharpen your ability to anticipate your partner's intent. 2.4 Contact Hours, \$29, INSTR: Keith Root, CTCA, CTCD

Class ID: 33625	Sat, 3/22/14	2:00pm – 4:00pm	RM: A1560
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Class ID: 32556	Sat, 4/19/14	2:00pm – 4:00pm	RM: A1560
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Tai Chi Energy Review Workshop

NEW

This workshop is a refresher for students of Dr. Paul Lam's Tai Chi for Energy form. 2.4 Contact Hours, \$29, INSTR: Linda Ebeling

Class ID: 32535	Sat, 3/1/14	1:00pm – 3:00pm	RM: S2330
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spring forest qigong

Spring Forest Qigong is a simple and powerful form of Qigong. It was founded in 1994 by Master Chunyi Lin. He developed his program after studying and practicing Qigong and Tai Chi with some of the world's most prominent and powerful masters.



Managing Stress with Spring Forest Qigong

Doctors report that stress is the #1 underlying cause of illness and disease. In this workshop, Master Lin will provide you with simple, energy-based techniques you can use at any time to relieve and release stress, return your mind and body to a relaxed and balanced state, and help you live a healthier, happier life. 2.4 Contact Hours, \$59

Class ID: 32558 Wed, 3/19/14

6:30pm – 8:30pm

RM: P0838

Healing Emotions with Spring Forest Qigong

NEW

Emotional baggage may block the healthy flow of vital energy to your vital organs, causing sickness and even tremendous physical pain. International Qigong Master Chunyi Lin has developed simple, yet effective techniques to transform anxious, frustrated, or angry energy into wisdom energy that soothes and nurtures your body, mind and spirit. Join us for an evening of discovery, healing and experiential learning. 2.4 Contact Hours, \$59

Class ID: 32559 Wed, 4/9/14

6:30pm – 8:30pm

RM: P0840

Chunyi Lin serves as the lead instructor and is a certified International Qigong Master. Founder of Spring Forest Qigong, he has taught over 120,000 students about its healing benefits.



“a healer in every family and a world without pain”

Sun Style Workshop

NEW

Review of entire Sun 41 and warm ups. Revisions and enhancements offered according to skill level. Discussion of tai chi principles highlighting balance and weight transfer. History and evolution of Taijichuan with emphasis on Yin/Yang theory in all aspects of Taijichuan will be introduced in the afternoon session. 3.6 Contact Hours, \$45, 7.2 Contact Hours and \$75 for both. INSTR: Keith Root & Linda Ebeling

Class ID: 32534 Sat, 3/15/14

8:30am – 11:30am

RM: A1560

Class ID: 32525 Sat, 3/15/14

1:00pm – 4:00pm

RM: A1560

SAVE THE DATE

Tai Chi Open House

January 25 or March 8

See page 31 for details

tai chi certificate programs



Tai Chi is a qigong system of cultivating energy by balancing the chi energy in the body. Often called “Taijichuan”, it means “ultimate balance or polarity system” and includes physical balance, mental balance, psychological balance, and spiritual balance.

About the forms: The Yang style is the most practiced form in the world. Another popular form is the Sun Style which is used in the Tai Chi for Health - Arthritis course. This course is ideal newcomers and people with health issues. The Fan, Saber, and Push Hands programs all teach to martial art skills.

Tai Chi Teacher Certification

The Tai Chi Certified Teacher Training Programs are designed for certified exercise instructors, tai chi instructors, advanced tai chi students and healthcare professionals. No previous tai chi experience required.



Tai Chi for Arthritis – Teacher Certification 1

This course is endorsed by many arthritis foundations worldwide. The certification is “Tai Chi for Arthritis”. *Note: An instructional DVD will be sent prior to the workshop.* **16.8 Contact Hours, \$275, INSTR: Ralph Dehner**

Class ID: 33585	Sat, 5/3/14	9:00am – 5:00pm	RM: S2330
	& Sun, 5/4/14	9:00am – 4:00pm	RM: S2330

Tai Chi for Arthritis – Teacher Certification 1 Update

The Tai Chi Update is required every 2 years to keep one’s skills and knowledge current. Time will be spent reviewing the 12 Tai Chi for Arthritis movements and reviewing instructional training and theory. *Prerequisites: Tai Chi for Arthritis – Teacher Certification 1.* **9 Contact Hours, \$95 (or \$210 for both the TCA 1 update and TCA 2), INSTR: Ralph Dehner**

Class ID: 33590	Sat, 5/3/14	9:00am – 5:00pm	RM: S2330
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Tai Chi for Arthritis – Teacher Certification 2

This workshop teaches advanced coordination skills for greater challenge and benefits. *Prerequisites: Tai Chi for Arthritis - Teacher Certification 1. Note: An instructional DVD will be sent prior to the workshop.* **7.8 Contact Hours, \$145 (or \$210 for both the TCA 1 update and TCA 2), INSTR: Ralph Dehner**

Class ID: 33587	Sun, 5/4/14	9:00am – 4:00pm	RM: S2330
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Ralph Dehner, is a Certified and Licensed Occupational Therapy Practitioner (COTA/L) and learned Physiognomy from Rose Rosetree. He is a Tai Chi and Qigong Master, and also teaches our Tai Chi for Arthritis Teacher Certification.



TAI CHI OPEN HOUSE

Join us for a free introduction and practice of Tai Chi for Health.

Saturday, 1/25/14 12:00 – 1:00pm
Saturday, 3/8/14 12:00 – 1:00pm
RM: S2330

This session will introduce Sun and Yang Tai Chi Styles and is recommended as a starting point for your Tai Chi journey.

See website to register or call 952-358-8343.

Beginning Tai Chi				
Beg Tai Chi for Health and Arthritis				
Class ID: 32491	Mon, 1/27/14 – 3/10/14	7pm – 8pm	Root	\$59
Class ID: 32492	Mon, 3/17/14 – 4/21/14	7pm – 8pm	Root	\$59
Class ID: 32481	Sat, 2/1/14 – 3/8/14	10:30am – 11:30am	Gonzales	\$59
Class ID: 32482	Sat, 3/15/14 – 4/19/14	10:30am – 11:30am	Gonzales	\$59
Intro to Yang Style Tai Chi				
Class ID: 32483	Thur, 1/30/14 – 3/6/14	7:00pm – 8:00pm	Root	\$59
Class ID: 32484	Thur, 3/13/14 – 4/17/14	7:00pm – 8:00pm	Root	\$59
5 Animal Frolics Qigong				
Class ID: 32463	Wed, 3/5/14 – 4/9/14	6:30pm – 7:30pm	Ebeling	\$59
Class ID: 32618	Wed, 4/16/14 – 5/21/14	7:30pm – 8:30pm	Ebeling	\$59
Radiant Lotus Qigong				
Class ID: 32464	Wed, 1/15/14 – 2/26/14	6:30pm – 7:30pm	Ebeling	\$59
Class ID: 32466	Wed, 4/16/14 – 5/21/14	6:30pm – 7:30pm	Ebeling	\$59
Intermediate/Advanced Tai Chi				
Sun Style 97 Form				
Class ID: 32523	Sat, 2/1/14 – 4/19/14	9:00am – 10:00am	Gonzales	\$120
Tai Chi Fan 2				
Class ID: 32467	Wed, 1/15/14 – 4/9/14	7:30pm – 8:30pm	Ebeling	\$120
Yang Short Form				
Class ID: 32478	Mon, 1/13/14 – 4/21/14	8:00pm – 9:00pm	Root	\$120
Class ID: 33617	Sat, 1/11/14 – 4/19/14	10:30am – 11:30am	Root	\$120
Yang Long Form				
Class ID: 32476	Sat, 1/11/14 – 4/19/14	8:30am – 10:00am	Root	\$150
Yang Style Saber				
Class ID: 32479	Thur, 1/30/14 – 4/17/14	8:00pm – 9:00pm	Root	\$120

* check website for specific dates and rooms

healthcare and medical



Normandale is committed to offering the best in health education. Our courses are designed for health and medical professionals as well as for individuals who work in administrative, IT, quality and management roles in healthcare organizations.

Refresher Course in Nursing

This course is designed for registered nurses (RN) who need a review and update of nursing skills to return to active status. Prearranged supervised clinical experience is included. Basic knowledge of computers is required. These will be scheduled one week prior to class start date. *See website for health status, security and textbook requirements.* 170 Contact Hours, \$1,360

Class ID: 33614

Sat, 4/5/14 – 6/21/14

8:00am – 1:00pm

RM: S2333

New Refresher Requirements: The MN Board of Nursing may require a refresher course if an individual has been out of nursing practice for as few as 5 years, depending on circumstances. Please visit the MN Board of Nursing website for more information.

dental health professional

Normandale offers courses for the dental hygienist and dental assistant to help keep skills sharp and to fulfill continuing education requirements. For our course offerings or to schedule an onsite customized training, call 952-358-8343 or visit <http://normandale.augusoft.net>.

Digital Radiography - A Discussion & The Intraoral Camera

Class ID: 32431

\$95

Mon, 3/24/14 5:00pm – 8:00 pm

Nitrous Oxide Inhalation Analgesia

Class ID: 32432

\$495

Fri, 2/21/14 & 8:00am – 5pm

Sat, 2/22/14 8:00am – 12:00pm

EHR in the Dental Clinic

Class ID: 33621

Sat, 3/15/14 9:00 – 12:00pm RM: P1802



Healthcare Provider CPR - American Heart Association

Demonstrate and practice CPR and obstructed airway techniques for adults, children, and infants using American Heart Association guidelines. This 8-hour, Level “C” course meets requirements for healthcare professionals and students. Wear comfortable clothing for active participation. *Course includes AED training.* 9.6 Contact Hours, \$99, INSTR: Bob Hansen, MA, EMT, RTPS

Class ID: 32343 Sat, 5/31/14 8:00am – 4:00pm RM: A1570

Healthcare Provider CPR - Renewal

This 4-hour course is a review of the skills and knowledge covered in the American Heart Association’s (AHA) CPR for the Professional Rescuer course. Skills include Adult, Child and Infant CPR. Upon successful completion of the course, an American Heart Assoc. Healthcare Provider course completion card will be issued. *Who Should Attend:* Dental Assistants, Dental Hygienists, Daycare Providers, Security Personnel, Nursing Home Workers, and other Healthcare Providers. 4.8 Contact Hours, \$56, INSTR: Bob Hansen, MA, EMT, RTPS

Class ID: 32433 Sat, 3/8/14 8:00am – 12:00pm RM: A1570

Class ID: 32434 Sat, 4/26/14 8:00am – 12:00pm RM: A1570

Class ID: 32435 Tue, 5/6/14 5:30pm – 9:30pm RM: A1570

Emergency Medical Responder Refresher

This 16-hour course enables the currently certified or recently expired First Responder or EMR (Emergency Medical Responder) to renew certification. Upon successful completion of the course, the participant will be re-certified as a First Responder or EMR by the State of MN EMS Regulatory Board. National Registration of the First Responders or EMR is available to participants. 19.2 Contact Hours, \$145, INSTR: Bob Hansen, MA, EMT, RTPS

Class ID: 32344 Sat, 4/26/14 8:00am – 4:00pm RM: A1570
 & Sun, 4/27/14 8:00am – 5:00pm

pharmacy

Pharmacy Technician

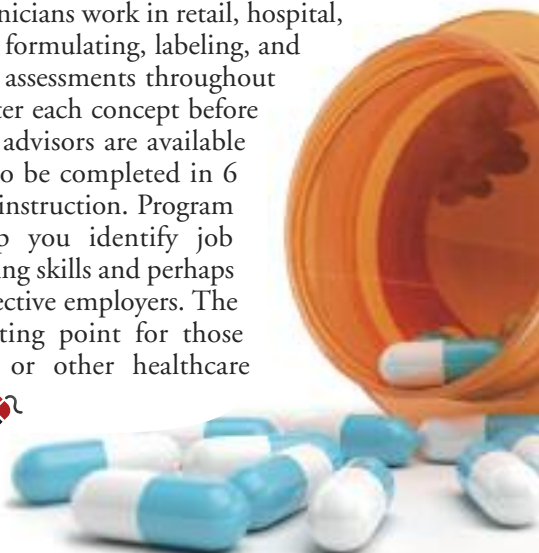
WIA Approved

The Pharmacy Technician training program is designed to help students gain the knowledge and skills necessary to work as pharmacy technicians and prepare to sit for the PTCB national certification exam. Pharmacy technicians work in retail, hospital, and clinic pharmacies. They assist pharmacists in formulating, labeling, and dispensing medications. Numerous exercises and assessments throughout each of the 14 modules ensure that students master each concept before moving on, and knowledgeable student support advisors are available from start to finish. This program is designed to be completed in 6 months or less, with approximately 285 hours of instruction. Program provides career and graduate services to help you identify job opportunities, develop your resume and interviewing skills and perhaps obtain a letter of recommendation to show prospective employers. The pharmacy technician profession is a good starting point for those interested in becoming a pharmacist, nurse, or other healthcare professional. 342 Contact Hours, \$1,995

Class ID: 32241 Online class - start anytime



28% job growth is expected in MN by 2019 for pharmacy technicians.



medical career programs



Professional Medical Coding & Billing

WIA Approved

The Professional Medical Coding and Billing Training Program is a comprehensive independent study online program designed by industry experts for individuals who would like to work in the healthcare coding and billing industry. Mastering medical terminology, documentation, confidentiality, ethics, healthcare structure, pharmacology, disease processes, diagnostic coding and healthcare reimbursement are just a few of the subjects covered. This program prepares students to sit for the CCA (AHIMA) and/or CPC (AAPC) certification exams. 678 Contact Hours, \$2,795

Class ID: 32241 Online class – start anytime



Medical Billing

WIA Approved

Developed by industry experts, this program includes real-world practical experience and is designed to help you gain the knowledge and skills needed to follow insurance claims all the way through to payment, prepare you to work with industry specific forms, such as CMS-1500 and UB-40 forms and begin work immediately upon completion. It is also a valuable body of knowledge to understand when working with process and health information system implementation/redesign and healthcare payment/revenue cycle projects. This program includes access to student support, technical support, and graduate support teams throughout the training. 174 Contact Hours, \$1,695

Class ID: 32242 Online class - start anytime



*Healthcare facilities must transition to the new
ICD-10 codes on October 1, 2014.*

ICD-10 FastTrack for Medical Coder

WIA Approved NEW

This course is designed to help ICD- 9 coders gain the additional skills they need to code in ICD-10. It will cover both the ICD-10 code set, and the biomedical science knowledge to use it effectively. The course assumes that you already have the basic skills of a medical coder, including familiarity with how the industry works, medical terminology, pharmacology, and basic anatomy and pathophysiology. This course is not designed for those who have never completed medical coding training. 169.2 Contact Hours, \$695

Class ID: 33591 Online class – start anytime



Medical Terminology: A Word Association Approach

This course teaches medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word Associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term. 28.8 Contact Hours, \$99, INSTR:

Doug Best Online class – start anytime



Valuable textbooks are included in course fees.

Medical Transcription Editor

WIA Approved

The Medical Transcription Editor online program will focus on editing and formatting physician-dictated medical records, fixing grammatical errors and improving content in an efficient and accurate manner. The program also emphasizes practical experience, and by completion, you will have transcribed hundreds of authentic dictations, preparing for a quick and successful transition to the workplace. 768 Contact Hours, \$2,795

Class ID: 32239

Online class - start anytime



Medical Administrative Assistant

WIA Approved

The Medical Administrative Assistant online training program helps students gain specialized skills and knowledge. Students learn how to effectively manage front desk reception, patient scheduling, insurance and billing, practice finances, and more. Upon graduation, students will be prepared to enter the workforce and pass the Certified Medical Administrative Assistant exam (CMAA) offered by the National Healthcareer Association. The online learning platform provides 24/7 access to the curriculum and interactive learning tools. Students have access to all the necessary curriculum and materials, integrated software, IT help desk, personalized student support and career guidance to complete the program, prepare for the CMAA exam and transition to employment. 240 Contact Hours, \$1,695

Class ID: 32237

Online class - start anytime



Free Laptop or iPad or Kindle Fire

When enrolling in one of the following medical career programs before April 30, 2014.

- > Professional Medical Coding & Billing
- > Medical Transcription Editor
- > Pharmacy Technician

OR

Free Kindle Fire

When enrolling in one of the following medical career programs before April 30, 2014.

- > Medical Billing
- > Medical Administrative Assistant

Free Medical Career Information Sessions – March 12, 2014

1:00pm – 3:00pm RM: P1840 or 6:00pm – 8:00pm RM: P1840

explore languages

American Sign Language

Learn skills for conversing in American Sign Language. These classes will emphasize a non-spoken classroom to help you achieve a mastery and confidence in your skills. See website for textbook requirements. 1.2 CEU, \$99, INSTR: Jamey Guille, MA

Level 1: Class ID: 32569	Thur, 2/6/14 – 3/20/14 (n/c 2/27)	6:00pm – 8:00pm	RM: P1842
Level 2: Class ID: 32570	Thur, 3/27/14 – 5/1/14	6:00pm – 8:00pm	RM: P1842
Level 3: Class ID: 32571	Tue, 2/11/14 – 3/18/14	6:00pm – 8:00pm	RM: P1842
Level 4: Class ID: 32572	Tue, 3/25/14 – 4/29/14	6:00pm – 8:00pm	RM: P1842

Spanish for Medical Professionals

NEW

Designed specifically for healthcare professionals, you will practice the basic, practical language skills needed to communicate with your Spanish-speaking patients and their families. Gain an understanding of the culture, and know how to ask the questions that are vital to quality healthcare. Develop confidence to more effectively communicate with your Spanish-speaking patients. 1.6 CEU, \$145, INSTR: Cristina Sempé

Level 1: Class ID: 32324	Online class – 3/3/14 – 3/28/14
Level 1: Class ID: 32325	Online class – 5/5/14 – 5/30/14
Level 2: Class ID: 33619	Online class – 4/7/14 – 5/2/14



Get connected. Enroll in a language course or schedule a customized program at your organization.

Learning a language offers many advantages, personal and professional. It will open you up to new ideas, partnerships and it will set you apart in the workplace.

Arabic
Chinese
French
Hebrew

Italian
Japanese
Russian
Spanish

See <http://normandale.augusoft.net> for details



A MEMBER OF THE NORMANDALE STATE COLLEGE
AND UNIVERSITY SYSTEM

The courses, seminars and retreats described in this brochure can be delivered as customized programs at the location of your choice. Please contact us for more information: ncal@normandale.edu Phone: (952) 358-8343 • Fax: (952) 358-8240 • TTY 866-880-8740. If you need a reasonable accommodation for a disability (e.g., wheelchair accessibility, interpreter, Braille or large print materials), such an accommodation can be available upon request.

Normandale is an affirmative action, equal opportunity educator and employer.

The contents of this brochure and other college publications are subject to change without notice.

The information in this brochure is available in alternate formats. Call 952-358-8623 or TTY 866-880-8740



BE IN DEMAND.

Healthcare IT is a rapidly growing industry and a critical body of knowledge across the entire spectrum of healthcare.

Healthcare Information Technology

MN Healthcare Information Technology Certificate

This certificate brings together the healthcare and information technology concepts essential to working in the healthcare IT industry. Training builds upon transferable skills from any industry. Join over 500 HIT professionals who have taken this training to become **IN DEMAND** in their field. Choose from the following courses:

Clinical Systems Specialist

WIA Approved

This training focuses on how people in the healthcare environment use technology and are affected by it. Work with healthcare providers and medical staff and also support IT in the development of clinical applications and the facilitation of system enhancements and modifications to meet clinical needs. 909 Contact Hours, 75.75 CEU, \$2,000

Class ID: 33606

Online class, 2/3/14 – 7/21/14



Healthcare Technology Specialist

WIA Approved

This training focuses on the technology systems used by healthcare organizations, the architecture behind those systems and the hardware and network used to support them. This includes supporting the organization before, during and after implementation assuring that the technology functions properly and is configured to meet the needs of the organization. 909 Contact Hours, 75.75 CEU, \$2,050

Class ID: 33607

Online class, 2/3/14 – 7/21/14



Find out more at our MNHIT Information Sessions
on January 15 or 29 at 6 p.m., see page 69.



“Combining the HIT training with my nursing and IT background has been very instrumental and rewarding in my career advancement. I have been better positioned to face the challenges ahead and ultimately align my goals with the direction that healthcare is moving toward.”

Michael Taiwo, CHTS-IS, EHR Training Coordinator,
University of Minnesota

EHR in the Dental Clinic

NEW

Electronic health record systems (EHRs) will soon be required for all dental practices. This course offers you an opportunity to navigate through the Eaglesoft EHR and learn practical activities such as charting, treatment plans, integrating digital radiography, scheduling, patient education and workflow. 3 Contact Hours, .3 CEU, \$59

Class ID: 33621

Sat, 3/15/14

9:00 – 12:00pm

RM: P1802

Free Spring Sampler

Winter Warm-up for Body, Mind & Spirit

spring forest qigong sound healing belly dance emotional freedom techniques tai chi
women's safety radiant lotus qigong self-mastery numerology ayurveda aromatherapy

Saturday, January 25, 2014

10:00am – 2:30pm

Class ID: 32565

see page 7 for details

Ayurveda Certificate

See pages 2 & 3 for details.



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Learning Well on Edge Talk Radio

Bringing joy, inspiration and transformation to your life!

See pages 4 & 5 for details.



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