

certificates • workshops • seminars

winter/spring 2013



# normandale

integrative health education center

continuing & integrative  
health education

medical careers naturopathic medicine hypnosis pharmacy technician mindfulness numerology  
pharmacy technician feng shui tai chi reiki nursing certification dental herbalism spring forest  
work healthcare and wellness medical coding & billing american sign language medical hypno  
work feng shui stress reduction homeopathy nursing refresher herbalism spanish sound  
pressure aromatherapy spring forest qigong spanish depression and anxiety color healing r  
covery healing touch workplace wellness emotional freedom techniques sound health syste  
techniques health information technology spiritual wellness nutrition and diet yoga home hea  
ess management intuition cultural competence medical careers reiki energy therapy ayurved



18

Joy of Living Series



4

Feng Shui Series



2013

21

Understanding Your Full Potential – Free Event



22

Women's Health Series



16

Learning Well  
Edge Talk Radio

**Find the resources to LOOK, FEEL, and BE your best!  
Design YOUR Healthy LIFE!**

Stop by Normandale's booth to enter our drawing  
and see what's new at the  
Integrative Health Education Center.



January 12 & 13  
Minneapolis Convention Center

**FREE Admission ticket** at <http://normandale.augusoft.net>  
(click on Courses/For Your Interest/Free Event)

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# integrative health and wellness



## Naturopathic Medicine

**NEW**

Naturopathic medicine is a system of medicine that focuses on prevention and the use of non-toxic, natural therapies to empower an individual to achieve optimal health. In this tradition, health is much more than the absence of disease; it is the vitality that comes from a feeling of wellness. Learn basic naturopathic strategies to improve digestion, detoxification, and the stress response. 7.2 Contact Hours, \$145, INSTR: Paul Ratté, ND

**Class ID: 25609** Sat, 4/27/13 9:00am – 4:00pm RM: P1844

## Interactive Tapping™ for Recovery!

Our addictions are connected to our emotions and fueled by our biochemical imbalances, which trigger biochemical responses. These responses are major contributors to most addictions and compulsions. Interactive Tapping™ is tapping on prescribed points which send an electrical impulse to the part of the body, which “neutralizes” the emotion. Individuals experience a state of calm and peace which is essential for successful recovery. Join Cathryn Taylor, bestselling author of *Inner Child Workbook* and experience how to tap to recovery. 3.6 Contact Hours, \$59, INSTR: Cathryn Taylor, MA, MFT, LADC

**Class ID: 25607** Sat, 3/2/13 9:00am – 12:00pm RM: A2562

## yoga sampler series

This four-part series will introduce you to the eight-limbed path of yoga, helping you strengthen your body, open your heart and quiet the mind. 9.6 Contact Hours, \$129 for series

### Class 1: The Eight-Limbed Path of Yoga

**NEW**

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: 25646** Tue, 2/19/13 6:00pm – 8:00pm RM: A1570

### Class 2: Pranayama and Yoga Nidra

**NEW**

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: 25647** Tue, 3/19/13 6:00pm – 8:00pm RM: A1570

**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.



## Color Matrix

**NEW**

Learn how your energetic field resonates with the four elements Air, Water, Fire and Earth and which one represents the defining, primary element in your subtle energy field, your Alpha Element. Through an experiential learning process you will be introduced to the visual language of color energy and learn techniques to boost and balance your energy by knowing your Alpha and Omega Elements. Discover the elements of each of your personal energy levels: body, emotions, mind and spirit along with the color-energy that reflects and empowers core traits of your personality: Catalyst, Torchbearer, Pathfinder or Pragmatist. You will be guided through a holistic color assessment which will reveal your Color Matrix and receive an image of your Alpha Element™ color-energy along with a Color Matrix Profile description. 3.6 Contact Hours, \$59, INSTR: Marit Solheim Witt

**Class ID: 25602** Sat, 4/20/13

9:00am – 12:00pm

RM: P1844

## Veterans: New Options for PTSD and Wartime Trauma

Emotional Freedom Techniques (EFT) is an effective self-help tool for the after-effects and treatment of wartime trauma. Participants will work through a minor stressful event using the Basic EFT Tapping Formula. Information will be provided on a clinical study that offers six free sessions for qualifying veterans. 2.4 Contact Hours, \$59, INSTR: Valerie Lis, EFT, MA

**Class ID: 25624** Thur, 4/11/13

6:00pm – 8:00pm

RM: P0842

## Class 3: Mudras, Mantras, and Meditation **NEW**

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: 25648**

Tue, 4/16/13 6:00pm – 8:00pm

RM: A1570

## Class 4: Bhakti Yoga of Devotion **NEW**

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: 25649**

Tue, 5/21/13 6:00pm – 8:00pm

RM: A1570

*Note: Bring a mat, blanket, water and wear comfortable clothing. Classes meet the 3rd Tuesday of each month which allows for practice-time between sessions.*

“This series of yoga classes deepened my understanding and helped to keep me on my journey.”



# feng shui



This four-part series will provide you with a strong foundation of Feng Shui principles. 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 a solid base from which to pursue more in-depth Feng Shui study. These classes are designed as a series, although they may also be taken individually.

## 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. *Note: You must bring a blueprint or scaled drawing of the main floor of your home, a ruler, pencil, and eraser to each class.* 4.8 Contact Hours, \$69, INSTR: Lisa Janusz, MBA, WWC Master

Class ID: 26775 Sat, 3/2/13 8:30am – 12:30pm RM: P0840

## 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 effective) as conventional medicine, herbalism is a science and art that can be successfully learned and utilized by the lay person. Through the use of tinctures, glycerites, teas, capsules, poultices, compresses, and salves, you will learn to apply herbal therapy to support the constitution with reference to an array of conditions from A to Z, in consideration of guidelines as to indications, dosage, and contraindications. *Textbook available for purchase in class - 300: Herbs: Their Indications & Contraindications (A Materia Medica & Repertory) (2003). \$15, 3 Contact Hours and \$45 per class; 18 Contact Hours and \$240 for series*

**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.



## 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. Even if you don't think you have clutter, this class will help you recognize what could be holding you back from making life changes. 2.4 Contact Hours, \$49, INSTR: Dorine Doyle King, WWC Master

**Class ID: 26776**    Tue, 3/5/13    6:00pm – 8:00pm    RM: P0840

## Feng Shui Your Way to Romance

Join us for this fun class guaranteed to generate romantic sizzle whether your relationship status is Single, Married or “It's complicated.” You will learn where your “relationship” area is and how to rev it up! Explore the power of Feng Shui to bring more love and romance into your life. 2.4 Contact Hours, \$49, INSTR: Hinda Abrahamson, MA, WWC, FFSI©

**Class ID: 26777**    Tue, 3/12/13    6:00pm – 8:00pm    RM: P0840

## Attracting Wealth 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 tools to apply quickly. Prosperous thinking is just one of the many practical ways to work with Feng Shui to create a prosperous and abundant life! 2.4 Contact Hours, \$49, INSTR: Michelle Skally Doilney, WWC Master

**Class ID: 26778**    Tue, 3/19/13    6:00pm – 8:00pm    RM: P0840

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



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

**Class ID: 25594**    Mon, 3/18/13    6:30pm – 9:00pm    RM: P1840

## Class 2: The Constituents and Properties of Herbs

**Class ID: 25595**    Mon, 3/25/13    6:30pm – 9:00pm    RM: P1840

## Class 3: Herbs for the Respiratory Systems

**Class ID: 25596**    Mon, 4/1/13    6:30pm – 9:00pm    RM: P1840

## Class 4: Herbs for Liver Function and Detoxification

**Class ID: 25597**    Mon, 4/8/13    6:30pm – 9:00pm    RM: P1840

## Class 5: Herbs for the Lymphatic and Urinary Systems

**Class ID: 25598**    Mon, 4/15/13    6:30pm – 9:00pm    RM: P1840

## Class 6: Herbs for Women's Reproductive Health

**Class ID: 25599**    Mon, 4/22/13    6:30pm – 9:00pm    RM: P1840





## Complementary Medicine Continues to Grow

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

### Homeopathic Medicine

**NEW**

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, \$145, INSTR: Cilla Whatcott, H.D., RHom, CCH

**Class ID: 25604**

Sat, 3/16/13 9:00am – 4:00pm

RM: P1844

## nutrition and diet

### Habits of Healthy Eaters – Practical Nutrition

**NEW**

Much of the standard American diet is based on nutritionism, or eating nutrients instead of food. Nutritionism leads to confusion about what to eat. This class will cut through this confusion to discuss the basics of nutrition and provide practical steps to improve your health by eating real food. 3.6 Contact Hours, \$49, INSTR: Paul Ratté, ND

**Class ID: 25689**    Thur, 3/28/13

6:00pm – 9:00pm

RM: P0840

### Beyond Gluten: Introduction to Digestive Health

**NEW**

Gluten intolerance is a trigger of chronic disease. This class will explore the role of digestive function beyond gluten elimination. Digestive dysfunction such as intestinal permeability, dysbiosis, refined carbohydrates, and stress is often underlying the gluten epidemic. Digestive function and simple strategies to improve digestive health will be discussed. 3.6 Contact Hours, \$49, INSTR: Paul Ratté, ND

**Class ID: 25688**    Thur, 4/4/13

6:00pm – 9:00pm

RM: P1810

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

### **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 Contact Hours, \$49, INSTR: Cilla Whatcott, H.D., RHom, CCH

**Class ID: 25605**      Tue, 4/16/13      6:30pm – 9:00pm      RM: P1844

### **Immunizations From a Homeopathic Perspective**

**NEW**

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, INSTR: Cilla Whatcott, H.D., RHom, CCH

**Class ID: 25606**      Thur, 3/21/13      6:00pm – 9:00pm      RM: P1844

### **Homeopathic First Aid**

**NEW**

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 Contact Hours, \$89, INSTR: Cilla Whatcott, H.D., RHom, CCH

**Class ID: 25603**      Tue, 5/14/13      6:00pm – 8:30pm      RM: P1844

### **Energetic Food: Nature's Medicine**

**NEW**

Food is Mother Nature's natural holistic medicine. Everything you eat can be therapy for healing body, mind and spirit. Foods can move and balance your energy too and can be a powerful health component to your overall wellness. This course will help you understand the energy of food and how to know what your body is asking for to balance and energize your system. 2.4 Contact Hours, \$59, INSTR: Chunyi Lin

**Class ID: 26770**

Wed, 4/24/13      6:30pm – 8:30pm      RM: P1840

*Experts encourage eating vegetables according to the colors of the rainbow... you'll get more important nutrients.*





## **Level 1 Certificate: Aromatherapy Foundations**

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. 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: 25600**

Fri, 2/22/13  
& Sat, 2/23/13

8:30am – 4:30pm

9:00am – 4:00pm      RM: A2556

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

## 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. Master Lin found that there are thousands of Qigong exercises practiced in China and around the world and determined that most of these techniques were too complicated and time-consuming for the average person to learn and practice easily. He also recognized that learning, understanding and acceptance are increased when the meaning or impact of each exercise and technique is explained.



**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.



“ Jodi has a passion for essential oils and it shows. ”

## Level 2 Certificate:

### Aromatherapy Applications: Reducing Stress and Pain

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

#### Class ID: 25601

Fri, 4/5/13

8:30am – 4:30pm

& Sat, 4/6/13

9:00am – 4:00pm

RM: P0842

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.



### Managing Stress with Spring Forest Qigong

NEW

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, INSTR: Chunyi Lin, MA

Class ID: 26771

Thur, 2/7/13

6:30pm – 8:30pm

RM: P1840

### Energetic Food: Nature's Medicine

NEW

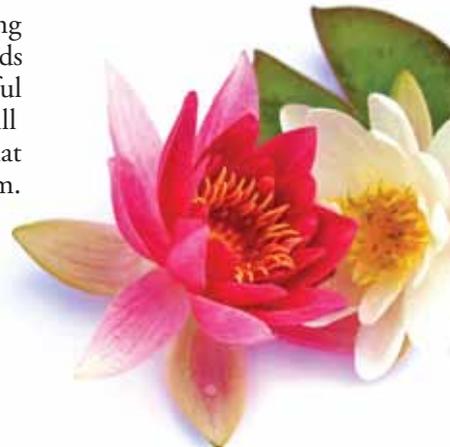
Food is Mother Nature's natural holistic medicine. Everything you eat can be therapy for healing body, mind and spirit. Foods can move and balance your energy too and can be a powerful health component to your overall wellness. This course will help you understand the energy of food and how to know what your body is asking for to balance and energize your system. 2.4 Contact Hours, \$59, INSTR: Chunyi Lin, MA

Class ID: 26770

Wed, 4/24/13

6:30pm – 8:30pm

RM: P1840



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

# sound healing mastery certificate



In this groundbreaking series, you will learn the art and science of Sound Healing as well as gain practice with the tools – Tibetan bowls, tuning forks, crystals, drums, color, sacred geometry, music, movement and your own voice. Sound healing has been around for thousands of years. From tribal or ecstatic dance, to rhythm, drums and the didgeridoo of the Australian Aborigines, these ancient sounds connect us to the earth. 62.4 Contact Hours and \$975 for certificate (classes 1-8).

## 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

**Class ID: 23324**    Fri, 2/8/13    6:00pm – 8:00pm    RM: A2552

Introduction to Sound Healing is a prerequisite for classes 1-8.

## Class 1: The Healing Power of Sound – Foundation

Gain an overview of the chakras and the Human Energetic System as it relates to sound healing. You'll experience giving and receiving mini sound sessions, and learn simple yet powerful practices to incorporate into everyday life, including the use of your own unique sound signature. 8.4 Contact Hours, \$145

**Class ID: 26696**    Sat, 2/9/13    9:00am – 4:00pm    RM: A2552

## Class 2: Sounding the Earth – Drums, Dance & Didgeridoo

Shamans have used drums to anchor those traveling into other dimensions, while others have used drums to call in a state of being, create a ritual, raise energy, or to release stuck or stagnant energy. Learn to use drums, movement and music to feel more grounded.

7.2 Contact Hours, \$145

**Class ID: 26729**    Sun, 2/10/13    9:00am – 3:00pm    RM: A2552

## Class 3: Voice I – Your Soul Signature

Learn to recognize and honor your authentic Voice. Use your voice to shift your energy with sound toward greater harmony and purpose. We'll explore the ancient art of chanting and sacred mantras. 8.4 Contact Hours, \$145

**Class ID: 26731**    Sat, 3/9/13    9:00am – 4:00pm    RM: A2552



**Kay Grace, CAEH, CSH** is a graduate of a four year certification program in advance energy work from Inner Focus School. She has also studied Sound Healing extensively with Jonathan Goldman and Sound Accord Healing School. A published singer & songwriter, Kay is a member of Healing Touch International, the International Sound Healers Association, and ABMP.

## Advanced Sound Healing courses offered in Summer 2013

### Class 4: Voice II – As a Healing Tool

Your voice is the most powerful of all the sound healing tools. Learn how to tone to clear and balance the energy centers in yourself and others. We'll cover using the voice as a diagnostic tool, and an introduction to overtone singing, also known as vocal harmonics. Learn to use your voice effectively without hurting your throat or vocal cords. 7.2 Contact Hours, \$145

Class ID: 26730 Sun, 3/10/13 9:00am – 3:00pm RM: A2552

### Class 5: Singing Metals – Tibetan Bowls, Chimes & Tuning Forks

Tibetan Bowls are used to balance energy centers, clear blocks and entrain a person into a state of peace and calming. These amazing metal singing bowls can also be used to determine where a block may be in the energy system. Tuning forks, metal chimes and Ting-Shas are additional healing tools from the singing metals family. Learn to use tuning forks on the body at acupressure points, as well as off the body, in the energy field. 8.4 Contact Hours, \$145

Class ID: 26732 Sat, 4/13/13 9:00am – 4:00pm RM: A2552

### Class 6: Sounding the Light – Color & Clarity

Learn to use sound, light and color together to create a powerful healing effect. Many healing systems connect specific colors to specific chakras or energy centers, and specific sounds to certain colors. 7.2 Contact Hours, \$145

Class ID: 26733 Sun, 4/14/13 9:00am – 3:00pm RM: A2552

### Class 7: Crystal and Clairaudience

Our bodies contain “crystalline structures,” as bones, and the myelin sheaths of the nervous system. This is why using crystals are so powerful as a sound healing tool – it affects us “bone deep.” Learn to use crystals with sound for healing and to develop your intuition. 8.4 Contact Hours, \$145

Class ID: 26734 Sat, 5/4/13 9:00am – 4:00pm RM: A2552

### Class 8: Ethics and Building a Sound Healing Practice

You will learn how to conduct a complete Sound Healing session with a friend or client. We'll cover the ethics of vibrational therapy in more depth. *Students must take this entire series in order to take Ethics & Sound Healing Practice.* 7.2 Contact Hours, \$145

Class ID: 26735 Sun, 5/5/13 9:00am – 3:00pm RM: A2552

## sound therapy

### Drum It Up with HealthRhythms®

**NEW**

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: 26697

Tue, 5/7/13 – 5/21/13

6:00pm – 8:00pm

RM: A2566





Healing Touch is an international educational program in energy based medicine therapy. As a professionally accredited program, the curriculum encompasses increasing levels of practice and techniques, standards of care, code of ethics and scope of practice. Healing Touch is endorsed by the American Holistic Nurses Association. Practitioners and instructors are certified through an independent certification process. When you complete the entire Healing Touch Program, you may apply for certification. Healing Touch Certified Practitioners are universally recognized as having achieved a professional level of energetic therapy competence. See our website for additional information.



## 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, INSTR: Lucille Crow, RN, RM, CHT

**Class ID: 26682**    Sat, 2/23/13    8:00am – 4:00pm    RM: C3061

**Class ID: 26683**    Sat, 3/9/13    8:00am – 4:00pm    RM: C3061

### 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, INSTR: Lucille Crow, RN, RM, CHT

**Class ID: 26684**    Sat, 4/6/13    8:00am – 4:00pm    RM: C3061

## Healing Touch International (HTI) Level 1 **NEW**

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. 19.2 Contact Hours, \$295 (workbook included), INSTR: Barb Schommer, RN, MS, CHTP, CHTI

**Class ID: 25637** Fri & Sat, 2/22/13 & 2/23/13 8:00am – 4:30pm RM: A2566  
**Class ID: 25638** Fri & Sat, 4/19/13 & 4/20/13 8:00am – 4:30pm RM: P1840

**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.



**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.

## Sign up for our free eLetter!

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.



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# 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.

**Class 1: The Holistic Process: What Is Energy Work**

**Class 2: The Tools of the Energy Trade**

**Class 3: Energy Anatomy: Channels**

*Classes 1,2 and 3 will be available Fall 2013.*

**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. Covered are topics including geopathic stress, electro-pollution, auric fields, and morphology. **8.4 Contact Hours, \$145**

**Class ID: 23199** Sat, 1/19/13 9:00am - 4:00pm RM: A2556

**Cyndi Dale, MTAEH** 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.

## emotional freedom techniques

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

### Emotional Freedom Techniques Basics

This course provides an overview and hands-on practice of Emotional Freedom Techniques, a self-help method that is used worldwide to help eliminate stress, fear, anger, sadness, cravings, chronic pain and much more. The procedure involves tapping acupuncture points to release negative emotions and restore well-being. It is self-applied, easy-to-learn and will have permanent positive benefits. **2.4 Contact Hours, \$59**

**Class ID: 25625** Thur, 4/4/13

6:00pm – 8:00pm

RM: P0842

**Valerie Lis, MA, EFT Expert, Practitioner & 2 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.



### **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 natural 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: 23200** Sat, 2/9/13 9:00am – 4:00pm RM: A2556

### **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: 23201** Sat, 3/9/13 9:00am – 4:00pm RM: P1810

### **Class 7: Energy Work Practices**

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: 23202** Sat, 4/13/13 9:00am – 4:00pm RM: P1810

### **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, \$350

#### **Level 1 Certificate:**

**Class ID: 25621**

Mon, 5/20/13 & Tue, 5/21/13 8:00am – 4:30pm RM: P0842

#### **Level 2 Certificate:**

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

**Class ID: 25622**

Wed, 5/22/13 & Thur, 5/23/13 8:00am – 4:30pm RM: P0842

### **Veterans: New Options for PTSD and Wartime Trauma**

*See page 3 for course description.*





Are you ready to awaken your intuitive abilities and explore your life purpose? The HeartSight® Method of transformation helps you to use your intuitive gifts, personally and professionally. This course is especially valuable to healthcare workers and individuals who work in patient care. The intention of this five-part series is to harmonize body and soul to enhance the power of your intuition, creativity and energy. Through experiential learning, you will be given tools to expand your heart consciousness, reclaim your intuitive gifts and trust your sacred truth. 18 Contact Hours and \$275 for entire series

You may choose to take one or all of the five HeartSight® Series I courses. See website for registration options.

## Class 1: Your Authentic Self

Are you searching for the real you? Learn how to tune into your authentic self and gain access to your inner wisdom. Through experiential learning, you will begin to discern the voice of the intellect from the voice of the soul and make decisions from your center of Knowing. Learn and practice concepts such as Grounding and Centering and learn the Three Ways of Knowing – Head, Heart and Gut. 3.6 Contact Hours, \$65

Class ID: 25631      Wed, 4/3/13      6:00pm – 9:00pm      RM: P1810

## Class 2: Stepping into Your Energy Body

Do you wish you had more energy? Learn to access your Energy Body and play with your energy fields. Learn about the impact of energy on your physical, emotional, mental and psycho-spiritual states. Explore your health through the Energy Centers and develop skills to care for your Energy Body. 3.6 Contact Hours, \$65

Class ID: 25632      Wed, 4/10/13      6:00pm – 9:00pm      RM: P1810

## Class 3: Maintaining Boundaries & Emotional Integrity

Do you feel overly sensitive to others' feelings or thoughts? Experience how to maintain healthy emotional boundaries. Practice using your intuitive gifts of feeling and sensing without losing yourself in the process. Learn to strengthen your uniqueness while staying connected to others. 3.6 Contact Hours, \$65

Class ID: 25633      Wed, 4/17/13      6:00pm – 9:00pm      RM: P1810

## Class 4: Shadow Parts and the Law of Resonance

Do you feel stuck at times and don't know why? Your unconscious mind may be drawing to you what you need to change about yourself. Understanding the concepts of Mirroring and the Law of Resonance will help you transform the obstacles being created by your unconscious beliefs and conditioning (Shadow Parts). Learn skills to clear the Shadow Parts so you may manifest the life you want to live. 3.6 Contact Hours, \$65

Class ID: 25634      Wed, 4/24/13      6:00pm – 9:00pm      RM: P1810

## Class 5: Intentions and the Law of Attraction

Are you wondering how the Law of Attraction really works? Come learn about the power of intention and the willingness to receive. Gain skills and strategies for personal empowerment through the paradigm of self-responsibility and choice. Explore tools for attracting and receiving what you need to live your life purpose. 3.6 Contact Hours, \$65

Class ID: 25635      Wed, 5/1/13      6:00pm – 9:00pm      RM: P1810

## HeartSight® Series II

### Embodying Soul Wisdom

Would you like to apply your wisdom from HeartSight I? Then come to this three-part series and expand your intuitive development to deepen connections with your creative spirit. This series will support integration of your spiritual being with your physical body and teach you how to consciously live in a multi-dimensional energetic world. Through the chakra system, we will expand grounding with gratitude and explore innate goodness and shame. Through experiential learning, you will be given tools to support yourself in aligning with your essence, your truth and your creative expression. This series is designed to deepen your experience from HeartSight Level I. Upon completion of this series, you will understand energy integration, the transmutation process, chakra alignment, and stress responses of the body. 10.8 Contact Hours, \$165

**Class ID: 25636** Wed, 5/22/13 – 6/5/13

6:00pm – 9:00pm

RM: P1810

**Maureen Pelton** MSW, LICSW has spent 25 years using her intuitive gifts and scientific applications as an integrative psychotherapist, professional coach, teacher, speaker and organizational consultant. She has taught at the Center for Spirituality & Healing at the University of Minnesota and The Penny George Institute for Health & Healing.



## Learning Well on Edge Talk Radio

First Tuesday of the Month – 6 pm

Join **Maureen Pelton** and her many inspiring guests as they bring new and practical insights designed to help each of us enhance our health and well-being.

Maureen is a highly sought-after expert. She engages local and national thought leaders in meaningful conversations. Her shows weave new information into a spectrum of topics, such as transpersonal development, emotional intelligence, wholeheartedness and the shifting paradigm of Integrative Health and Healing.



### Upcoming Guests:

- **Susan Shopek** and **Duncan Metzger**, numerology and astrology experts will share their insight and perspective of the new year's energy and outlook
- **Penny George**, philanthropist and co-founder of the Bravewell Collaborative and the Penny George Institute for Health and Healing at Abbott Northwestern Hospital

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

See website for more information.



INTEGRATIVE HEALTH EDUCATION CENTER  
at Normandale Community College

# 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

## Joy of Living Level I: The Practice of Mindfulness Meditation

**NEW**

This meditation workshop teaches how cultivating mindful awareness can help create a peaceful mind and joyful heart. The practice of meditation enables us to transform all experiences, even difficult emotions and painful thoughts, into sources of joy. This two-day workshop is designed to help you learn and practice mindful meditation. We will explore the landscape of our experience with mindful awareness, learning how to use the body, sensory experiences, thoughts, emotions, and even awareness itself as supports for meditation. 16.8 Contact Hours, \$195, INSTR: Edwin Kelley

Class ID: 26680	Fri & Sat, 3/8/13 & 3/9/13	9:00am – 5:00pm	RM: P1840
Class ID: 26681	Fri & Sat, 5/17/13 & 5/18/13	9:00am – 5:00pm	RM: P1840

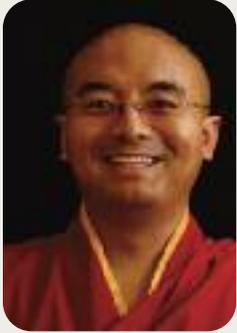
Materials include: *Calming the Mind: A Guide to the Joy of Living Level I Handbook*; *An Introduction to Meditation* with Yongey Mingyur Rinpoche DVD; *Calming the Mind* MP3 CD

## Mindful Communication Skills

Come learn a simple model proven to enhance your ability to express your needs and to listen to what others are saying. You will learn and practice skills and strategies for effective communication while exploring how to EMPOWER your willingness to express yourself and to encourage others to speak with clarity. You will be introduced to the Four Agreements, Nonviolent Communication and Conflict/Avoidance resolution. 2.4 Contact Hours, \$59, INSTR: Maureen Pelton, MSW, LICSW

Class ID: 25686	Wed, 2/20/13	6:00pm – 8:00pm	RM: A2552
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“Tergar meditation is easier to grasp and apply more so than other meditation classes I’ve taken.”



**Yongey Mingyur Rinpoche,**  
founder of the **Joy of Living** program

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

In addition to extensive training in the meditative and philosophical traditions of Tibetan Buddhism, Mingyur Rinpoche has also had a lifelong interest in Western science and psychology. In 2002, Mingyur Rinpoche and a handful of other long-term meditators were invited to the Waisman Laboratory for Brain Imaging and Behavior at the University of Wisconsin. The results of this groundbreaking research were reported in many widely read publications, including National Geographic and Time.

Currently, Mingyur Rinpoche teaches and travels throughout the world, with Tergar Meditation Centers on four continents. His best-selling book, *The Joy of Living: Unlocking the Secret and Science of Happiness*, debuted on the New York Times bestseller list and has been translated into over twenty languages.



**Edwin Kelley, Tergar International Instructor** first became interested in Buddhism in 1975 when he attended a meditation retreat near Perth, Australia. In 1992, he went to Burma to attend a six-month intensive retreat with the renowned meditation master Chanmyay Sayadaw. While practicing in Burma he was ordained temporarily as a Theravada Buddhist monk. He then served in leadership roles for one of America’s best known meditation retreat centers for nearly 20 years. Edwin became a student of Mingyur Rinpoche in 1998. He has a post graduate diploma in Buddhist Studies from the University of Sunderland in the UK.

**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. 4.8 Contact Hours, \$89, INSTR: Bryan Bertsch, UHT, CIM

**Class ID: 25608**

Thur, 4/18/13 & 4/25/13

7:00pm – 9:00pm

RM: P1844



# 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: 25626**    Thur, 3/7/13    6:00pm – 9:00pm    RM: P1844

## Mind Body Techniques for Anxiety Reduction

**NEW**

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: 25630**    Thur, 5/23/13    6:00pm – 9:00pm    RM: P1844

## Self Hypnosis For Pain Control

**NEW**

For anyone with chronic pain that is not fully responsive to traditional medical treatments, or who would like to reduce or eliminate pain medications in favor of this drug free and natural mind/body approach to pain management. Examples of appropriate applications include migraine, arthritis, cancer pain, chronic back pain, knee pain, pain due to injury that has been treated and there is no more improvement offered by traditional medical approaches. This is NOT appropriate for undiagnosed or acute pain which may indicate a medical condition requiring treatment. Reduction or elimination of prescribed medications must be done under your doctor’s supervision. 7.2 Contact Hours, \$89, INSTR: Cindy Locher, CI, BCH, MNLP

**Class ID: 25628**    Tue, 4/23/13 & 4/30/13    6:00pm – 9:00pm    RM: P1844

“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: 25627    Thur, 3/14/13

6:00pm – 9:00pm

RM: P1844

*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.



# Understanding Your Full Potential in the *New Year*

*January 30 - 6:30 - 8:30 p.m.*

Join Normandale instructors Susan Shopek and Duncan Metzger as they explore 2013's astrological and numerological influence for you and our world. You will gain new found knowledge to drive and support your goals and harness the energies of 2013 to help you move intentionally through the year.



*Free Event*

Visit our website or call 952-358-8343 to register (Class ID: 26780)



## Reawakening the Feminine -

### Harnessing Feminine Power for Healing

**NEW**

In today's world, we have been cultivating the aspects of yang energy, looking outside of ourselves for answers and healing, when in reality, we have all that we need inside ourselves. Develop your qualities of yin energy, and enhance your feminine power and innate abilities to heal, nurture, listen and connect. This course is appropriate for both men and women. 2.4 Contact Hours, \$49, INSTR: Deanna Reiter, MA

**Class ID: 25619**

Thur, 2/7/13

6:30pm – 8:30pm

RM: A2552

## Radiant Lotus Qigong

**NEW**

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: 26678**

Tue, 2/19/13 – 3/26/13

8:00pm – 9:00pm

RM: A1560

**Class ID: 26679**

Tue, 4/9/13 – 5/14/13

8:00pm – 9:00pm

RM: A1560

## HeartSight® Series I & II

*See pages 16-17 for course description.*



Scan this code with your smartphone to visit our website.

## 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.

## Three-Systems Approach to Health

This three-part series will enable you to gain a thorough understanding of your interactive system of hormones. Gain practical applications and tools to implement immediately. 9 Contact Hours, \$127 for series

### Adrenal Fatigue: Stress, Survival, Symptoms and Healing

**NEW**

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. 3 Contact Hours, \$49

**Class ID: 25651**    Thur, 2/14/13    6:00pm – 8:30pm    RM: A2552

### Balancing Female Hormones Naturally

**NEW**

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. 3 Contact Hours, \$49

**Class ID: 25652**    Thur, 2/21/13    6:00pm – 8:30pm    RM: A2552

### The Natural Path to Thyroid Health

**NEW**

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. 3 Contact Hours, \$49

**Class ID: 25653**    Thur, 2/28/13    6:00pm – 8:30pm    RM: A2552



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

## 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: 25690**

Tue, 4/9/13    6:00pm – 9:00pm    RM: P1844



### Managing Stress with Spring Forest Qigong **NEW**

*See page 9 for course description.*

# self mastery 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. Entire series \$129 or \$49 per course.

## 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 with a perceptual shift of self and reality. You are what you think. This training will help you to see inside, outside, and beyond the box. 3.6 Contact Hours, \$49

**Class ID: 25612** Mon, 3/18/13 6:00pm – 9:00pm RM: P1810

## 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. 3.6 Contact Hours, \$49

**Class ID: 25613** Mon, 3/25/13 6:00pm – 9:00pm RM: P1810

# creativity and personal development

## Photo Reading: Learn More, Read Faster, Build A Better Brain

Learn to process information the way the brain is designed—using the whole mind. In this course you will process written information through the five step process of PhotoReading®. You will achieve immediate results from this highly interactive, experiential course. Experience the way reading ought to be—empowering, fun and faster—even in subjects where you might lack confidence. Graduates of the class increase their reading speeds, comprehension, and improve their ability to learn anything. 18 Contact Hours, \$245, INSTR: Cheryl Hiltibran, MEd, MALT-III

**Class ID: 25611** Sat, 5/4/13 8:30am – 4:30pm RM: P0840  
& Sun, 5/5/13 8:30am – 3:30pm

“This class is one of the absolute best.  
Hanakia Zedek ignited the warrior passion  
in not only me, but in all who attended.”

### **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. 3.6 Contact Hours, \$49

**Class ID: 25614** Mon, 4/1/13

6:00pm – 9:00pm

RM: P1810

**Hanakia Zedek, MTAEH** 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."



### **The Philosophy of Nothing: Accessing the Essence of Self and Universe**

**NEW**

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, MTAEH

**Class ID: 25615** Mon, 3/4/13

6:00pm – 9:00pm

RM: P1810

### **Multidimensional Human Design Systems**

**NEW**

Come learn about an ancient system that contain powerful information designed to help you gain a deeper understanding of yourself and how you relate to the world. Multidimensional Human Design Systems (MHDS) is a sacred synthesis combining elements of Eastern and Western Astrology, the Judaic Kabbalah, the Hindu Chakra system, the Tao-Chinese I'Ching and quantum physics. Upon registration, you will receive a free personal MHDS assessment which you will bring to class. 2.4 Contact Hours, \$59, INSTR: Maureen Pelton, MSW, LICSW

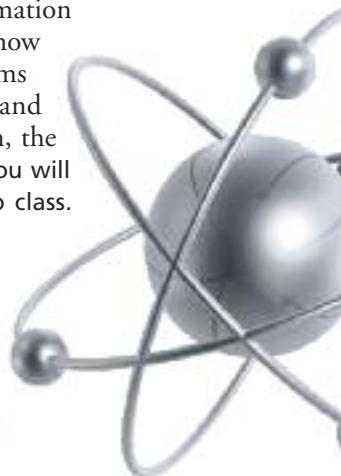
**Class ID: 25610** Wed, 2/13/13

6:00pm – 8:00pm

RM: A2552

### **Spiritual Evolution Series coming Summer 2013**

See website for details.



# creativity & personal development



## Introduction to Numerology

Numerology is the key to unlocking the wealth of information contained in your birth date and name, revealing a blueprint of your life path and character. The spiritual science of numerology offers you guidance as you navigate your way through all areas of life. Putting it into practice can inspire creativity; enhance your self-understanding and spiritual development. In this course you will learn how to apply numerology in many practical ways in your daily life. 9 Contact Hours, \$125, INSTR: Susan Shopek, PN

**Class ID: 25617**

Wed, 2/20/13 – 3/6/13

6:00pm – 8:30pm

RM: A2554

## Developing Insight and Intuition

By slowing down the fast pace of our busy lives, we can reduce our stress. This also helps us to enhance our intuition and develop a deeper connection with others. Discover how we can connect with our intuition and recognize that we no longer have to look outside of ourselves for answers and external pathways to happiness. By connecting to a depth that is often untapped by the majority of people, we can become happier, more successful, and more peaceful. 2.4 Contact Hours, \$49, INSTR: Deanna Reiter, MA

**Class ID: 25629**

Sat, 2/2/13

10:00am – 12:00pm

RM: A2552

## Paddle Your Own Canoe – Discover Your True Essence

**NEW**

Find unknown strengths, resources, and inspiration. Discover how your core values are your guides to life, especially during uncertain times. Achieve motivation to take courageous action, navigate the winds of change, and flow through life with increased confidence. Stories from a solo canoe adventure will inspire greater meaning and significance in your life. 7.2 CEU, \$89, INSTR: Cheryl Hiltibran, MED, MALT-III

**Class ID: 25620**

Sat, 4/27/13

8:30am – 3:30pm

RM: P0840

## Easy and Effective Astrology:

### Discovering Yourself through Your Natal Chart

**NEW**

There is a natural order to people's personalities, their drives, their challenges, their souls. The natal chart (astrological birth chart) is a great tool to have a greater understanding of the innate nature of yourself and of the other people you interact with. You will learn an overview of what astrology is, the philosophy behind the benefits of natal astrology, and basic knowledge of how to read and understand a natal chart. 3.6 Contact Hours, \$49, INSTR: Duncan Metzger, MA

**Class ID: 26691**

Tue, 3/19/13

6:00pm – 9:00pm

RM: P1810



A MEMBER OF THE MINNESOTA STATE EDUCATION AND BUSINESS COLLEGE 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](mailto: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*

## Releasing Sabotage: The 9 Scoundrels

**NEW**

Have you ever rigged up something broken and continued to use it when it is ineffective and possibly dangerous? Do you put other people's needs before your own? Do you have negative thoughts? Do you complain? If so, there are subtle patterns of sabotage, also known as The Nine Scoundrels that are negatively affecting you and keeping you from creating your ideal reality and excelling in all aspects of your life. By being aware of these patterns and releasing them, you gain the freedom and power to live a life of joy, success, prosperity, peace and health. 3.6 Contact Hours, \$59, INSTR: Deanna Reiter, MA

Class ID: 25616    Thur, 5/16/13

6:00pm – 9:00pm

RM: P1844

## Healing Your Heart: A Journey towards Living an Authentic Life

**NEW**

When we get quiet and access what we hold in our hearts, we connect to our own and greater wisdom. Often in our busy lives we let our mind take over and operate independently of our Heart, reverting to survival mentality of fear, power, greed and control. Our heart, is where we find strength, courage, compassion, and love. In this workshop you will be given an opportunity to work with and transform old patterns and habits that no longer serve you. 3.6 Contact Hours, \$59, INSTR: Cindy Libman, LICSW, LMFT, CAEH

Class ID: 25583    Sat, 5/11/13

9:00am – 12:00pm

RM: P1844

## Animal Communication Workshop

**NEW**

This course presents the fundamentals of animal communication via instruction and individual participation in exercises preparing for and actually doing animal communication. Students will bring pictures of their animal companions to the class for practice communicating with their own and other animals. 9.6 Contact Hours, \$125, INSTR: Mary Stoffel, MA

Class ID: 26781    Tues & Wed, 2/19/13 & 2/20/13    5:00pm – 9:00pm

RM: A2564

“ *This course has changed my life  
and I'm so appreciative.* ”

## Safety Training and Self Defense

**NEW**

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.

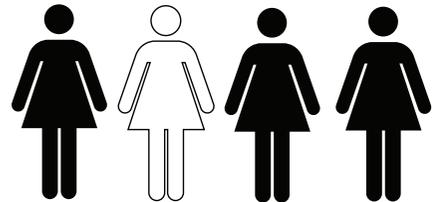
Developed through a combination of research and real-world experience, we are aware of no other course that offers this much valuable training in a compressed timeframe. 3.6 Contact Hours, \$69, INSTR: Alan Horner, MBA, US Navy Seal Officer

Class ID: 25639

Wed, 5/8/13

5:30pm – 8:30pm

RM: P1810



**No, Not Me!**

**Bring a friend for free!**

**Call 952-358-8343 for details.**

# movement and body work



## Beginning Yoga

Yoga offers health maintenance, enrichment, musculoskeletal support and much more. Learn and practice yoga postures and simple movements that enhance your ability to relax and renew. You'll enjoy better posture, improved body composition (strength and flexibility), healthier breathing habits, and a sense of well-being. Wear comfortable clothing and bring a mat. 4.8 Contact Hours, \$49, INSTR: Marcy Lundquist, MA

### Class ID: 25650

Mon, 2/4/13 – 3/4/13 (n/c 2/18) 5:30pm – 6:30pm RM: A1560

### Class ID: 26768

Mon, 4/8/13 – 4/29/13 5:30pm – 6:30pm RM: A1560

## Yoga Sampler Series

*See pages 2-3 for course description.*

## tai chi certificate programs

The Tai Chi Certified Teacher Training Programs are designed for certified exercise instructors, tai chi instructors, advanced tai chi students and healthcare professionals.

### 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, \$240, INSTR: Russ Smiley, PhD, MTTCA, MTTCD, MTTCO

**Class ID: 25700** Sat, 5/4/13 8:30am – 4:30pm RM: S2330  
& Sun, 5/5/13 8:30am – 3:30pm

### 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 or 2.* 9 Contact Hours, \$85 (or \$175 for both the TCA 1 update and TCA 2), INSTR: Russ Smiley, PhD, MTTCA, MTTCD, MTTCO

**Class ID: 25701** Sat, 5/4/13 8:30am – 4:30pm RM: S2330

### Tai Chi for Arthritis – Teacher Certification 2

This workshop is open to anyone who has completed the Tai Chi for Arthritis Teacher Certification (Leader's Course) by Dr. Paul Lam or his authorized trainers. *Prerequisites: Tai Chi for Arthritis – Teacher Certification 1.* *Note: An instructional DVD will be sent prior to the workshop.* 7.8 Contact Hours, \$120 (or \$175 for both the TCA 1 update and TCA 2), INSTR: Russ Smiley, PhD, MTTCA, MTTCD, MTTCO

**Class ID: 25702** Sun, 5/5/13 8:30am – 3:30pm RM: S2330

## FREE Event

### Join us for a "Taste of Nordic Walking"

Class ID: 26747 Mon, 4/1/13 6:00pm – 8:00pm RM:P0806B

#### Nordic Walking For Body Mind and Spirit

**NEW**

Make your walk the best walk it can be - make it a Nordic Walk! From beginning walker to experienced runner the simple addition of Nordic Walking poles turns your walk into an all body workout. You will burn more calories, increase your heart rate, support your lower joints and engage up to 90% of your body's muscles in weight bearing exercise. It's fun, it's easy and it's social. 7.2 Contact Hours, \$59, INSTR: Linda Lemke, C-PSIA, C-NWIT

Class ID: 25644 Thur, 4/11/13 – 4/25/13 6:00pm – 8:00pm RM:P0806B

Class ID: 25645 Mon, 6/3/13 – 6/17/13 6:00pm – 8:00pm RM:P0806B

#### Body Signals: Developing a Relationship With Your Body & Your Self

*See page 35 for course description.*



## OPEN HOUSE

### Beginning Tai Chi for Health & Arthritis

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

Saturday, 1/19/13 or 1/26/13

10:30am – 11:30am • RM: S2330

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

This session will introduce Dr. Lam's Simplified Sun Style Tai Chi and is recommended as a starting point for your Tai Chi journey.



Tai Chi Chuan is a gentle, refined exercise that offers many healing benefits to people of all ages and physical abilities. Tai Chi is a slow and rhythmical form of exercise that stems from the martial arts and the ancient practice of Qigong (chi kung). Tai Chi can improve overall health and well-being and manage specific health concerns such as diabetes and arthritis, increase flexibility, muscle strength, heart/lung capacity, posture, balance and stress.

## Tai Chi Energy

**NEW**

This course combines two contrasting tai chi styles, Chen and Sun, into a fun and easy routine. Using the fast and slow movements and powerful spiral force of Chen combined with Sun Style's unique qigong and agile footwork, Dr. Paul Lam has put together 16 forms which complement each other and build internal energy. *Previous experience with any Tai Chi style is recommended.* 7.2 Contact Hours, \$59, INSTR: Russ Smiley, PhD, MTCA, MTCD, MTTCO

**Class ID: 25710**

Wed, 2/13/13 – 3/27/13

7:00pm - 8:00pm

RM: S2330

## Tai Chi Pushing/Sensing Hands

**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.

**Class ID: 25711**

7.2 Contact Hours, \$59

Thur, 2/7/13 – 3/14/13

8:00pm – 9:00pm

RM: A1560

**Class ID: 25712**

7.2 Contact Hours, \$59

Thur, 3/21/13 – 4/25/13

8:00pm – 9:00pm

RM: A1560

**Workshops:** 2.4 Contact Hours, \$20, INSTR: Keith Root, CTCA, CTCD, CFHTCC

**Class ID: 25713**

Sat, 1/19/13

2:00pm – 4:00pm

RM: A1560

**Class ID: 25714**

Sat, 2/9/13

2:00pm – 4:00pm

RM: A1560

**Class ID: 25715**

Sat, 3/16/13

2:00pm – 4:00pm

RM: A1560

**Class ID: 25716**

Sat, 4/20/13

2:00pm – 4:00pm

RM: A1560

## Primordial Qigong (Hunyuang Gong)

**NEW**

Like many qigong systems, the movements are related to the Thirteen Postures of Tai Chi and offers a method for correcting imbalances in the body. This course is based on exercises generally attributed to Hu Yaozhen (a Daoist priest) and his disciple, Master Feng Zhigiang. 7.2 Contact Hours, \$59, INSTR: Russ Smiley, PhD, MTCA, MTCD, MTTCO

**Class ID: 25693**

Wed, 2/13/13 - 3/27/13

8:00pm – 9:00pm

RM: S2330

## Radiant Lotus Qigong

**NEW**

A Qigong form to help women 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: 26678**

Tue, 2/19/13 – 3/26/13

8:00pm – 9:00pm

RM: A1560

**Class ID: 26679**

Tue, 4/9/13 – 5/14/13

8:00pm – 9:00pm

RM: A1560

## Tai Chi with Fong Ha

Join Fong Ha as he shares his power, graciousness and insight with you. Fong Ha currently directs the Integral Chuan Institute in Berkeley California and is a master of Yang style Tai Chi. YiQuan is a form of physical and mental training which requires no special equipment or skills. This standing meditation will help to develop one's internal energy or Qi for enhancing your health, reducing stress, improving concentration, and increasing vitality.



### Entire Series - \$140 – 16.8 Contact Hours

Sat, 7/20/13 & Sun, 7/21/13      8:00am – 4:00pm      RM: S2330

### Single Day Session - \$85 – 8.4 Contact Hours

Class ID: 26740      Sat, 7/20/13      8:00am – 4:00pm      RM: S2330

Class ID: 26741      Sun, 7/21/13      8:00am – 4:00pm      RM: S2330

## TAI CHI COURSES

ABC's of Tai Chi	Time	Instructor	Fee
Class ID: 25691      Thur, 2/7/13 – 3/14/13	7pm – 8pm	Root	\$59
Class ID: 25692      Thur, 3/21/13 - 4/25/13	7pm – 8pm	Root	\$59
Beg Tai Chi for Health and Arthritis			
Class ID: 25703      Sat, 2/2/13 - 3/16/13	10:30am – 12pm	Smiley / Gonzales	\$59
Class ID: 25704      Sat, 3/23/13 - 4/27/13	10:30am – 12pm	Smiley / Gonzales	\$59
Class ID: 25705      Mon, 2/4/13 - 3/18/13	7pm – 8pm	Root	\$59
Class ID: 25706      Mon, 3/25/13 - 4/29/13	7pm – 8pm	Root	\$59
Tai Chi 5 Animal Frolics – NEW			
Class ID: 25694      Tue, 2/19/13 - 3/26/13	7pm – 8pm	Ebeling	\$59
Class ID: 25695      Tue, 4/9/13 - 5/14/13	7pm – 8pm	Ebeling	\$59
Radiant Lotus Qigong – NEW			
Class ID: 26678      Tue, 2/19/13 – 3/26/13	8pm – 9pm	Ebeling	\$59
Class ID: 26679      Tue, 4/9/13 – 5/14/13	8pm – 9pm	Ebeling	\$59
Arthritis Refresher Workshop			
Class ID: 25698      Sat, 4/13/13	2pm – 4pm	Root	\$35
Tai Chi Fan In-Depth Workshop – NEW			
Class ID: 25696      Sat, 3/9/13	1pm – 3pm	Ebeling	\$20
Class ID: 25697      Sat, 4/6/13	1pm – 3pm	Ebeling	\$20
Sun Style 97 Form			
Class ID: 25709      Sat, 2/2/13 - 4/27/13	9am – 10am	Smiley / Gonzales	\$120
Yang Style 40 Form			
Class ID: 25707      Sat, 1/19/13 – 4/13/13	10:30 – 11:30am	Root	\$120
Class ID: 25708      Mon, 2/4/13 - 4/29/13	8pm – 9pm	Root	\$120
Yang Style 108 Form – Adv Tai Chi			
Class ID: 25699      Sat, 1/19/13 – 4/13/13	8:30 – 10am	Root	\$150

\* 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. There will be ten class lectures and four to five clinicals. Clinicals will be in a sub-acute setting and scheduled one week prior to class start date. *See website for health status, security and textbook requirements.* 150 Contact Hours, \$860, INSTR: Debra Condon, MSN, RN, CCRP

### Class ID: 25536

Sat, 1/19/13 - 3/23/13

8:00am – 12:00pm

RM: S2333

### Class ID: 25537

Sat, 4/13/13 - 6/15/13

8:00am – 12:00pm

RM: S2333

## 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, \$1,475

**Class ID: 25589** Online class - start anytime



Normandale offers courses for the dental hygienist and dental assistant to help keep skills sharp and to fulfill continuing education requirements. For our Winter/Spring 2013 course offerings, please visit: <http://normandale.augusoft.net> or call 952-358-8343.

**Dental  
Health  
Professionals**

## 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: 25494** Sat, 3/23/13 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: 25495** Sat, 2/23/13 8:00am – 12:00pm RM: A1570

**Class ID: 25497** Sat, 4/13/13 8:00am – 12:00pm RM: A1570

**Class ID: 25498** Thur, 5/9/13 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: 25538** Sat & Sun, 4/13 & 4/14/13 8:00am – 4:30pm RM: A1570

# 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.

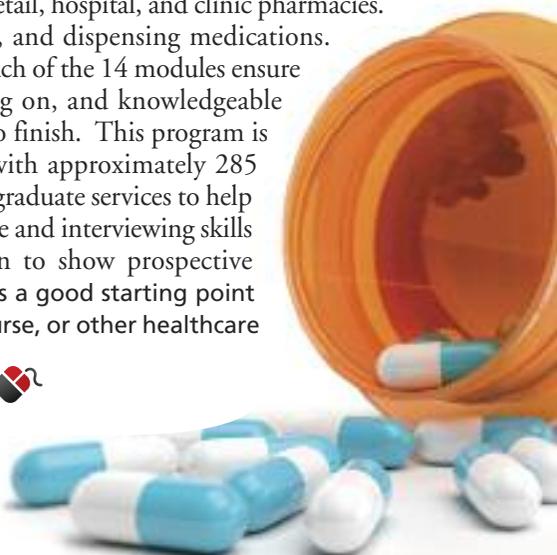
They assist pharmacists in formulating, labeling, and dispensing medications.

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. 285 Contact Hours, \$1,975

**Class ID: 25588** Online class - start anytime



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



# professional development



## **Integrative Healing for Long Term Care Professionals**

**NEW**

Integrative Health & Healing focuses on the whole person healing concept of body, mind, and spirit. This class provides an overview of Integrative Health, the whole person healing model, definitions, and benefits of various holistic therapies. You will also experience “energy” and a variety of holistic modalities. Part of the training will focus on the importance of self-care for your own balance of body, mind and spirit so that you can enhance your healing presence and care of your residents. You will learn what is necessary for successful implementation of integrative therapies into long term care facilities. 3.6 Contact Hours, \$59, INSTR: Sheila Judd, MA

**Class ID: 25551**

Thur, 3/21/13

6:00pm – 9:00pm

RM: P0840

## **Introduction to Integrative Health and Healing**

**NEW**

Healthcare is changing in many ways; policy, payment, quality of care, patient centricity and also in the emerging field of Integrative Health & Healing, for both practitioners and consumers. Gain a foundational understanding of integrative healing and of the “paradigm shift” occurring in this movement, and an explanation of the skill sets and bodies of knowledge required for this transformative process. Whether you are a consumer or provider of healthcare, you will better understand the benefits and usefulness of integrative health & healing after completing this course. 2.4 Contact Hours, \$49, INSTR: Maureen Pelton, MSW, LICSW

**Class ID: 26739**

Sat, 4/20/13

10:00am – 12:00pm

RM: P1842

## **Mindfulness in the Workplace**

**NEW**

Research proves that the practice of mindfulness promotes the sculpting of the brain’s circuitry for living in the present moment and becoming more aware of the mind-body connection. Learn easy and practical skills to manage your stress, techniques to quiet the mind, calm the body, regulate emotions and improve focus and concentration. You’ll discover the latest findings in the field of neuroscience that support our ability to transform our brains with simple practices and best of all, walk away with concepts and tools for everyday use. 3.6 Contact Hours, \$89, INSTR: Maureen Pelton, MSW, LICSW

**Class ID: 25687**

Sat, 3/2/13

9:00am – 12:00pm

RM: A2552

## **Interprofessional Communication in Healthcare**

**NEW**

Interprofessional teams allow for healthcare practitioners to discover side-by-side approaches to care delivery and improve health outcomes through patient-centered care. This course will help you understand the benefits and obstacles of interprofessional communication, provide strategies and tools to develop and implement effective interprofessional communication and information exchange for you and your team. 3 Contact Hours, \$59, INSTR: Staci Thommes, RDH

**Class ID: 26769**

Fri, 4/26/13

9:00am – 11:30am

RM: P1844

## **Creating Healing Spaces**

**NEW**

Combining the principles of the ancient art of Feng Shui and 20 plus years of experience as a Holistic Healing Arts Practitioner, Char will demonstrate how to bring harmony and balance to your home and workplace. If your goal is optimal health or if you or a loved one faces health challenges this class will give you valuable tools for the support you need. 2.4 Contact Hours, \$49, INSTR: Char Tarashanti, WWC, CMT

**Class ID: 26738**

Thur, 4/25/13

6:00pm – 8:00pm

RM: P0840

## Body Signals: Developing a Relationship With Your Body & Your Self

Learn to listen to your body's messages, and through your body, your own unique wisdom. You will learn three ways to listen to your body's signals, and experience how those signals relate to feelings, thoughts and your spiritual nature. You will leave with a plan to help you develop the relationship with your body, and through it, your Self. With consistent application of the tools, you'll experience decreased pain, increased energy, and a growing sense of wellness. 3.6 Contact Hours, \$49, INSTR: Margaret McRaith, MA, PT

Class ID: 26736    Tue, 2/26/13    6:00pm – 9:00pm    RM: A2566

## Dementia Care

**NEW**

Increase your understanding of neurological diseases and the practical application of skills for supporting persons with dementia. Nearly all disciplines benefit from the expertise of Dementia Care Specialists, as do families of persons with dementia. Expertise in this growing area of human services also enhances your resume. 32 Contact Hours, \$495, INSTR: Pamela K. Atwood

Class ID: 25500    2/4/13 – 3/29/13    Online class - start anytime



Class ID: 26710    4/1/13 – 5/24/13    Online class - start anytime

## Connecting The Circle – Living Consciously into Dying Consciously

**NEW**

Learn how to live more fully and peacefully through acceptance of and preparation for your death. This “secret” was well known and practiced in ancient times. Through the use of film, journaling, guided meditation, small and large group discussion, participants will begin to discover the sense of peace and well-being that comes from a direct and compassionate approach to dealing with death. This course will provide options and opportunity for involvement in caring for loved ones and expands on hospice services, and offers environmentally sustainable alternatives to current mainstream practices. 2.4 Contact Hours, \$49, INSTR: Char Tarashanti, WWC, CMT

Class ID: 26737    Thur, 5/9/13    6:00pm – 8:00pm    RM: P0840

## 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

### American Sign Language 1

Class ID: 25640

Wed, 2/6/13 – 3/13/13    6:00pm – 8:00pm    RM: A2566

### American Sign Language 2

Class ID: 25641

Wed, 3/20/13 – 4/24/13    6:00pm – 8:00pm    RM: A2566

### American Sign Language 3

Class ID: 25642

Thur, 2/7/13 – 3/21/13    6:00pm – 8:00pm    RM: A2566

### American Sign Language 4

Class ID: 25643

Thur, 3/28/13 – 5/9/13    6:00pm – 8:00pm    RM: A2566



# medical coding/billing & transcription



Valuable supplemental textbooks are included in course fee. (approx. \$300 value)

## Inpatient/Outpatient Medical Coding & Billing

**WIA Approved**

The Inpatient/Outpatient Medical Coding and Billing Training Program is a comprehensive independent study online program designed for the individual 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, CCS and CCS-P certification exams administered by AHIMA. 640 Contact Hours, \$2,650

**Class ID: 25585**

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. 145 Contact Hours, \$1,350

**Class ID: 25584**

Online class - start anytime



## Medical Transcription

**WIA Approved**

Medical transcription is the process of transcribing the dictated audio reports of doctor-patient interactions. These transcribed reports become part of the patient's permanent medical record and are vital to ensuring proper and consistent patient care. This online program helps you develop the knowledge and skills of quality medical transcriptionists, specifically focusing on keyboarding, language and grammar, and medical terminology. 570 Contact Hours, \$2,250

**Class ID: 25586**

Online class - start anytime



## 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. 640 Contact Hours, \$2,675

**Class ID: 25587**

Online class - start anytime



# Free Laptop!

You will receive a free laptop if you enrolled in one of the following medical career programs before April 30, 2013.

- > Medical Coding & Billing
- > Medical Transcription and/or Editor



## FREE Medical Career Information Sessions

Hennepin South Workforce Center:

March 13 1:00pm - 3:00pm

Normandale Community College, Room A2564:

March 13 6:00pm - 8:00pm

To register, visit  
<http://normandale.augusoft.net> or call  
(952) 358-8343

## Health Information Technology

*Healthcare providers, software vendors, public agencies, insurance and pharmacy companies all need qualified HIT professionals.*

The MN Health IT offers training designed to build competencies and knowledge needed to work successfully in the health IT industry. It will prepare you to provide at-the-elbow support, management or leadership with HIT systems implementation, integration and optimization or leading process, project, data/quality analysis and management initiatives.

Whether you strive to help your current company with health IT initiatives or are seeking new career opportunities, Normandale's MN Health IT program has proven results, helping hundreds to reach their goals and become successful Health IT professionals.



*The Department of Labor estimates a need for 50,000 new health IT workers in the next few years.*



"MnHIT exposed me to areas of HIT that I was not familiar with which helped me find my current position at UnitedHealth Group. The online learning format helped me obtain this knowledge on my own schedule and pace."

– Darin Coleman, UAT Lead, OptumInsight

"I'm a healthcare data analyst at HCMC in the performance improvement department. I want to thank the MN Health IT program because I believe this was a great program and I'm using the skills I acquired every day at my new job."

– Tatyana Leyderman  
Healthcare Data Analyst at HCMC



**MnHIT**  
**BE IN DEMAND**

For more information about Normandale's MNHIT program, visit: [www.mnhealthit.com](http://www.mnhealthit.com)

# The Joy of Living Series

March 8 & 9



Developed by Yongey Mingyur Rinpoche, this program is a learning path to meditation to help you move towards a peaceful mind and joyful heart and away from stress and suffering.

See page 18 for details

## Understanding Your Full Potential

*January 30 - 6:30 - 8:30 p.m.*

See page 21 for details.

**FREE EVENT**



Sponsored by  
Normandale's Integrative Health Education Center

# Learning Well on Edge Talk Radio

Learning Well...bringing joy, inspiration and transformation to your life!

See page 17 for details.



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