



normandale

integrative health education center

winter/spring 2012



continuing & integrative
health education

courses • workshops • seminars • events

ical careers ayurvedic medicine hypnosis pharmacy technician mindfulness numerology bod
nician feng shui tai chi reiki nursing certification dental herbalism spring forest qigong ene
lthcare and wellness medical coding & billing american sign language medical hypnosis cpr
y work feng shui stress reduction homeopathy nursing refresher herbalism spanish sound h
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covery sound health system emotional freedom techniques workplace wellness energy work
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Normandale's Integrative Health Education Center



Learning Well

o n E d g e T a l k R a d i o

We invite you to tune into Learning Well, a new radio show hosted by Carolyn Vinup as she shares with you the latest integrative health techniques and practices. You'll hear from fascinating experts who will share rich information designed to enhance your health, career and relationships.

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

Tune in at 6 pm the first Tuesday of every month

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nursing and certification

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 clinical sessions and the option of one observation site. 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 L. Condon, MSN, RN

RM: S2333 8:00am - 12:00pm
Sat, 1/14/12 – 3/17/12 (Class ID: 18738) or
Sat, 4/7/12 – 6/16/12 (Class ID: 18739)
(no class 5/26/12)

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

RM: A1570 8:00am - 4:00pm
Class ID: 18733 Sat, 3/10/12

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

RM: A1570 8:00am - 12:00pm
Sat, 1/14/12 (Class ID: 18734) or
Sat, 2/25/12 (Class ID: 18735) or
Sat, 4/14/12 (Class ID: 18736)

— or —

RM: A1570 6:00pm – 10:00pm
Tue, 5/1/12 (Class ID: 18737)

Medical Administrative Assistant

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, \$1,299**

Class ID: 18773  **Online class - start anytime**



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.

professional development

Cultivating Mindfulness

Mindfulness is a “state of enhanced awareness” and can increase “self-regulation” - the ability to be aware of our attention and emotions and direct them consciously. Research proves that the practice of mindfulness promotes the sculpting of the brain’s circuitry for becoming more aware of the mind-body connection. Mindfulness is a “state of enhanced awareness” and can increase self-regulation - the ability to be aware of our attention and emotions and direct them consciously. This workshop will teach you 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.

4.8 Contact Hours, \$89

INSTR: Maureen Pelton, MSW, LICSW
RM: A2556 **6:00pm – 8:00pm**
Class ID: 18774 **Wed, 2/22/12 – 2/29/12**

Introduction to Art Therapy

Art Therapy is a growing profession and involves the therapeutic use of art making, within a professional relationship, by people who experience illness, trauma or challenges in living, and by people who seek personal development. This course will touch on the history and theory behind the profession, its applications and employment possibilities. We will also cover the personal qualifications, educational requirements, registration, board certification and licensure issues to become a practicing Art Therapist. **3.6 Contact Hours, \$49**

INSTR: Craig Balfany, MPS **6:00pm - 9:00pm**
RM: A2556 **Tue, 3/6/12**
Class ID: 18741

Depression and Anxiety

Depressive disorders affect approximately 18.8 million American adults age 18 and older in a given year. However, depression and anxiety ARE treatable. This course will give you the tools to help determine what causes depression and/or anxiety, how you can better understand signs and symptoms and what treatment options are available to you. You’ll learn Dr. Anderson’s “SIG-E-CAPS” model for identifying depression and a model of how the mind works to help you better understand anxiety, depression and other psychological problems, including valuable information to healthcare providers to improve patient care levels.

3.6 Contact Hours, \$49

INSTR: Richard Anderson, MD **6:00pm - 9:00pm**
RM: A2556 **Thur, 4/26/12**
Class ID: 18740

Integrative Healing Overview 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 **6:00pm - 9:00pm**
RM: A2552 **Thur, 5/17/12**
Class ID: 18742



Sheila Judd, MA, is a consultant for the Benedictine Health System, energy healer, presenter and trainer specializing in Integrative Health. She is passionate about health and wellness and helping individuals and organizations through holistic healing. Sheila is a Qigong Master Healer and Certified Qigong Instructor, Certified Healing Touch Practitioner and Quick Pulse© Energy Healing Practitioner.

Health Information Technology

Photo by Amy Zellmer at Custom Creations Photography

Stefanie Klein, MnHIT 2011 Graduate
HIT Implementation Support Specialist, Mighty Oak Technology, Inc

MnHIT: Preparing Professionals for Health Information Technology Careers

By May 2012, more than 300 professionals will have successfully completed the MN Health IT short term training program. Normandale Community College is nationally recognized as a leader in HIT training.

HIT is a growing field. The Department of Labor predicts over 50,000 HIT professionals will be needed across the country over the next four years.

If you are seeking a new career opportunity in one of the fastest growing job markets, consider MN Health IT. Normandale's programs are geared to meet the needs of clinical, IT, insurance, pharmacy, medical device, and other related industries that utilize health information systems for electronic medical records and health information exchange. In 2010, Stefanie Klein was going through a career transition. She explained that she wanted to take her IT experience in another direction. **"I've also been interested in health and healing practices so pursuing training in HIT seemed like a good fit."**

Developed through a federal grant, this program is designed for those who have education or work experience in healthcare, health information management (HIM), information technology (IT), or quality/process improvement. In addition, Normandale is launching additional training for those who are new to the field of HIT including programs that support clinicians, project managers, website developers as well as programmers.

The training is delivered online with direct instructor support. More than flexibility, MnHIT learners appreciate learning in a virtual community of other professionals.

Students not only gain technical and industry credentials but are also given additional career support throughout the training. Klein stated that **"Normandale is the only college in Minnesota offering this type of training. It is a rigorous program but it prepared me for my career. I actually met my employer at a student/employer gathering."** To learn more about the program, visit our website at mnhealthit.com.

MnHIT
Normandale

Free Information Session at Normandale Success Day on February 7, see website for specific details.

coding and transcription

Inpatient/Outpatient Medical Coding & Billing

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. The program prepares students to sit for the CCA, CCS and CCS-P certification exams administered by AHIMA. This 19-module course addresses mastering medical terminology, documentation, confidentiality, ethics, healthcare structure, pharmacology, disease processes, diagnostic coding and healthcare reimbursement. **640 Contact Hours \$2,350**

Class ID: 18729  Online class - start anytime

Medical Transcription

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, \$1,875**

Class ID: 18731  Online class - start anytime

Medical Transcription Editor

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. In addition, the program's online format provides you the flexibility to study at your own pace. **640 Contact Hours, \$2,375**

Class ID: 18732  Online class - start anytime

Visit our website at:

<http://normandale.augusoft.net>

to see the complete course description,
course requirements and refund information.



**Summer 2012
Courses
Available**

Visit our website at
<http://normandale.augusoft.net>

Free Laptop or Textbooks!

Receive a free laptop or textbooks if you enroll in one of our medical career programs before April, 30, 2012.

* Free laptop is not available for the HIT or Medical Administrative Assistant programs.

FREE Medical Career Information Sessions

Hennepin South Workforce Center:
March 8 1:00pm - 3:00pm

Normandale Community College, RM A2556:
March 8 6:00pm - 8:00pm

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

pharmacy technician

Get Started! The pharmacy technician profession is a good starting point for those interested in continuing their education to become a pharmacist, nurse, or other healthcare professional.

Pharmacy Technician

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 program start to finish. This program is designed to be completed in 6 months or less, with approximately 285 hours of instruction. You will also have access to 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.

285 Contact Hours, \$1,855

Class ID: 18772  Online class - start anytime

In Minnesota, the pharmacy technician field is expected to see a 28% growth in the number of jobs by 2019.



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.

American Sign Language 1

1.2 CEU, \$99

RM: A2566

6:00pm - 8:00pm

Class ID: 18725

Wed, 2/15/12 - 3/21/12

American Sign Language 2

Prerequisites: ASL I or equivalent experience.

1.2 CEU, \$99

RM: A2566

6:00pm - 8:00pm

Class ID: 18726

Wed, 3/28/11 - 5/2/12

Materials: ASL I and II Text:
Signing Naturally Units 1-12

American Sign Language 3

Prerequisites: ASL II or equivalent experience.

1.2 CEU, \$99

RM: A2566

6:00pm - 8:00pm

Class ID: 18727

Thur, 2/9/12 - 3/22/12

(no class 3/1/12)

American Sign Language 4

Prerequisites: ASL III or equivalent experience.

1.2 CEU, \$99

RM: A2566

6:00pm - 8:00pm

Class ID: 18728

Thur, 3/29/12 - 5/3/12

Materials: ASL III and IV Text:
Signing Naturally Units 13-17

To obtain needed ASL text contact Harris Communications at 952-906-1180 or TTY: 952-906-1198

Jamey Guille is a native of the Twin Cities and is a graduate of the University of MN with BA in Deaf Studies & Communication Disorders and has earned a Masters in Education in Deaf Education & American Sign Language (ASL). He lost his hearing at age of two from spinal meningitis and brings an authentic and caring perspective to his courses. Jamey teaches ASL courses at a local high school and has been a valued instructor at Normandale since 2006.

nutrition and diet

Adrenal Fatigue: Stress, Survival, Symptoms and Healing

Adrenal fatigue occurs when the amount of stress overextends the capacity of the body (mediated by the adrenals) to compensate and recover from that stress or the combined stresses. 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. **2.4 Contact Hours, \$49**

INSTR: Rhys Preston, DC
RM: A2552
Class ID: 18833

6:00pm – 8:00pm
Wed, 2/1/12

NEW

Introduction to Nutrition

Current research suggests that a healthy diet is essential to improve quality of life and prevent the onset of chronic illness. Unfortunately, much of the standard American diet is based on nutritionism, a concept promoting the consumption of nutrients instead of foods. This breeds confusion and blurs the distinction between healthy and unhealthy foods. This class will cut through the confusion by introducing basic nutrition, discussing the food wisdom of native cultures, and providing practical steps and good habits to improve health by eating real food. **3.6 Contact Hours, \$49**

INSTR: Paul Ratté, ND
RM: A2556
Class ID: 18834

6:00pm - 9:00pm
Tue, 3/27/12

NEW

The Relevance of Vitamin D on Human Health

Vitamin D deficiency has been linked to most of the chronic diseases of our time and is a critical compound on human overall health. There is a vast amount of information on the new advances in Vitamin D research. This course will review key aspects of this crucial compound and how to apply this knowledge to everyday life. This course is for the seasoned health practitioner as well as the interested individual. **3.6 Contact Hours, \$59**

INSTR: Craig Couillard, DC
RM: A2552
Class ID: 18835

6:00pm - 9:00pm
Thur, 5/3/12

workplace wellness

Energetic Boundaries for Helping Professionals

Learn how to keep your energy clear and strong while you help others. If you feel drained, stressed or upset after interacting with clients or difficult co-workers it could be that your energetic boundaries are weak and you may be taking on someone else's "stuff." Learn how to set up and maintain energy boundaries with clients and co-workers. This course is for healthcare practitioners, nurses, teachers, social workers, therapists, caregivers, massage therapists, and holistic practitioners. **2.4 Contact Hours, \$49**

INSTR: Kay Grace, CAEH
RM: A2554
Class ID: 18723

6:00pm – 8:00pm
Tue, 4/3/12



Additional Workplace Wellness Courses:

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Introduction to Breathwork	pg. 25
Your Best Year Yet	pg. 20
Introduction to EFT	pg. 18
Photo Reading	pg. 21

healing practices

Introduction to Chinese Medicine

NEW

In this course you will learn the theory of acupuncture and Chinese medicine including exposure to the Nei Jing and Shan Lan Hun. Learn what meridians are, the organ systems of Chinese medicine and how they relate to the seasons, emotions and time of day. You'll understand the eight parameters in Chinese medicine diagnosis, what are tongue and pulse diagnosis, see a demonstration of various traditional Chinese medicine modalities and experience a Chinese medicine decoction for the spring. **3.6 Contact Hours, \$59, INSTR: Kristianne Seelye, M.Ac.O.M.**

RM: A2564 **9:00am – 12:00pm**
Class ID: 18805 **Sat, 2/11/12**

— or —

RM: A2564 **6:00pm - 9:00pm**
Class ID: 18806 **Wed, 5/16/12**

Introduction to Ayurvedic Medicine

Ayurveda, a sister science to Yoga, is the oldest continuously practiced health care system in the world. Drawn from the ancient Vedic texts of India, Ayurveda addresses the person as a whole and encourages individuals to actively participate in creating and maintaining their own health and well being. During this workshop, you will become more familiar with Ayurveda and how it applies to living in a balanced state of health and happiness. **3.6 Contact Hours, \$49**

INSTR: Tricia Sletten, E-RYT **6:00pm - 9:00pm**
RM: A2556 **Tue, 3/20/12**
Class ID: 18802

Understanding Ayurvedic Medicine: Yoga's Healing Science of Life Series

NEW

This 6-week course expands on the topics covered in the "Introduction to Ayurvedic Medicine." You will walk away with great insight and practical applications for dietary and lifestyle adjustments including the best way to manage stress, how to maintain a healthy digestion, and a deeper connection to your sense of purpose and fulfillment in life. *Prerequisite: Introduction to Ayurvedic Medicine.* **14.4 Contact Hours, \$189**

INSTR: Tricia Sletten, E-RYT **6:00pm – 8:00pm**
RM: A2556 **Tue, 4/3/12 – 5/8/12**
Class ID: 18804

Introduction to Naturopathy

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. Instead, it is the vitality that results from the daily integration of what you think, how you move, and what you eat. This course will teach you basic naturopathic self-care strategies to improve digestion, detoxification, and the stress response as well as an overall foundation of naturopathic medicine principles. **3.6 Contact Hours, \$49**

INSTR: Paul Ratté, ND **6:00pm - 9:00pm**
RM: A2554 **Tue, 2/28/12**
Class ID: 18812

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

Normandale offers courses and programs designed to increase workplace wellness. 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.



aromatherapy

Certificate in Essential Oils

Are you looking for training in Holistic Health that addresses the whole person, in a multi dimensional way? Essential oils are the aromatic compounds extracted from botanical sources that work therapeutically on the physical body, and energetically, deeply touching the emotions involved, and our energetic field, to promote balance on all levels.

This foundational certificate program offers entry-level information supported by professional research and resources for nurses, massage and shiatsu therapists, healthcare providers, acupuncturists, in palliative care - for anyone who wants clear, detailed information and techniques. The instructor offers a unique East-West approach to essential oil uses and techniques.



Aromatherapy Level 1: Foundations and Applications

Begin learning about the world of professional Aromatherapy with this foundational course and gain the information and core skills you need to get started working with essential oils safely and effectively. You will gain insight into aromatherapy as a healing art, develop assessment skills to determine effective methods of application and selection, and identify basic treatment strategies for common minor health concerns plus much more. **10.8 Contact Hours, \$139**

RM: A2554

Class ID: 18626

6:00pm – 9:00pm

**Mon, 2/6/12 – 2/27/12
(no class 2/20/12)**

Aromatherapy Level 2: Methods and Applications

This certificate will take you to the next level as you target specific areas of methods and applications such as balancing emotions, reducing stress, improving your immune and lymphatic systems as well as respiratory and musculoskeletal systems. You will understand the energetic aspects of essential oils, and learn about researched-based information for common health concerns. This course is interactive with hands-on practice and skill development for specific treatment methods for appropriate and effective application. *Prerequisite: Certificate in Aromatherapy Level 1.* **10.8 Contact Hours, \$139**

RM: A2554

Class ID: 18627

6:00pm – 9:00pm

Mon, 3/12/12 – 3/26/12

Note: Oils and supplies are available for purchase in class, but not required.
Recommended textbook: "The Complete Guide to Aromatherapy" 2004 (2nd edition)
by Salvatore Battaglia. Available at major textbook retailers.

Working knowledge of Aromatherapy concepts is helpful,
but not required if registering for an individual class.



Jodi Baglien, CA, CST, is a practitioner and educator of Well Being. Certified in both clinical aromatherapy and shiatsu therapy, Jodi has worked in private practice for over 10 years. She is the "go to resource" for hands on aromatherapy training and resources and serves as the regional director and chair of the education committee for the Alliance of International Aromatherapists, helping to advance research and education for Aromatherapists and others interested in integrative healthcare and well-being.

sound healing

Certificate in Sound Healing Mastery

In this groundbreaking series you will learn the art and science of sound healing, learn to use the tools of Sound Healing as you practice both giving and receiving the healing power of sound through Tibetan bowls, tuning forks, crystals, drums, color, sacred geometry, music & movement and your own voice. *Introduction to Sound Healing is a prerequisite to classes 1 - 8.*

Introduction to Sound Healing

Discover how sound healing works and why it is emerging as a highly respected and invaluable treatment method in the field of integrative health and wellness. Learn to use basic sound healing tools. Find out how sound is used to clear mental, physical and emotional roadblocks, and to harmonize with your environment. 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. **2.4 Contact Hours, \$49**

6:00pm – 8:00pm

Class ID: 18791

Fri, 2/3/12

Class 1: The Healing Power of Sound – Foundation

We will cover an overview of the chakras and the Human Energetic System as it relates to Sound Healing. As you are introduced to the tools of sound healing, you'll practice giving and receiving mini sound sessions, and learn some simple yet powerful practices to incorporate into your everyday life, including the use of your own unique sound signature. **8.4 Contact Hours, \$145,**

9:00am – 4:00pm

Class ID: 18793

Sat, 2/4/12

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

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. 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 a stuck or stagnant energy. You'll learn to use drums, movement and music to feel more grounded. **7.2 Contact Hours, \$145**

9:00am – 3:00pm

Class ID: 18794

Sun, 2/5/12



Class 3: Voice I – Your Soul Signature

Intention is everything, but what if you're not aware of them all? Learn to recognize when something is honoring your authentic Voice, and when it is not. Use your voice to shift your energy with sound toward greater harmony and toward what you DO want, while letting go of whatever is no longer serving your highest good. We'll explore the ancient art of chanting and sacred mantras to experience this first hand. **8.4 Contact Hours, \$145**

9:00am – 4:00pm

Class ID: 18795

Sat, 3/3/12

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. You'll learn how to use your voice effectively without hurting your throat or vocal cords. **7.2 Contact Hours, \$145**

9:00am – 3:00pm

Class ID: 18796

Sun, 3/4/12

sound healing

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

Learn how to use Tibetan Bowls to balance the energy centers, to clear blocks and to 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 sound healing tools from the singing metals family. You'll learn to use tuning forks both on the body at acupressure points, as well as off the body, in the energy field. **8.4 Contact Hours, \$145**

Class ID: 18797

9:00am – 4:00pm
Sat, 4/14/12

Class 6: Sounding the Light – Color & Clarity

Sound waves are actually physical matter (atoms and molecules), where light waves are electromagnetic and appear as different colors when dispersed through a prism. Learn how 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: 18798

9:00am – 3:00pm
Sun, 4/15/12

Kay Grace, CAEH enjoys teaching the art and science of Sound Healing, and empowering people to access the unique qualities of their spirits. She is a graduate of a four year certification program in advanced 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.



sound therapy

NEW

Inner Voices and The Talking Woods

This course is designed to assist the participant in allowing their Inner Voice to emerge. We will explore toning and chanting also emulating the voices of the Forest. These vocal maneuvers allow for personal and environmental awareness and connection to the sound within our bodies. There will also be melodic and percussive accompaniment by facilitator and participants. **3.6 Contact Hours, \$49**

INSTR: Hanakia Zedek

RM: A2556

Class ID: 18801

6:00pm – 9:00pm

Mon, 2/13/12

Class 7: Crystals and Clairaudience

Crystals, whether as stones or as singing bowls, amplify, transform, store, focus, transfer and transmute energy. Our bodies also contain “crystalline structures,” as bones, and the myelin sheaths of the nervous system. This is why using crystal is so powerful as a sound healing tool – it affects us “bone deep.” Learn how to use crystal with sound effectively both for healing and to develop your intuition. **8.4 Contact Hours, \$145**

Class ID: 18799

9:00am – 4:00pm
Sat, 5/5/12

Class 8: Ethics & 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. *Prerequisite: You must have completed entire series to attend this course.* **7.2 Contact Hours, \$145**

Class ID: 18800

9:00am – 3:00pm
Sun, 5/6/12

RM: A2552

**6.2 Contact Hours for series,
8.4 or 7.2 Contact Hours per class,
\$975 for series or \$145 per class
(series fee does not include
Introduction to Sound Healing).**

herbalism

Certificate in Herbal Therapy

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 will be available for purchase in class - 300: Herbs: Their Indications & Contraindications (A Materia Medica & Repertory) (2003). \$15*

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

Class ID: 18628

Mon, 4/2/12

Class 4: Herbs for Liver Function and Detoxification

Class ID: 18631

Mon, 4/23/12

Class 2: The Constituents and Properties of Herbs

Class ID: 18629

Mon, 4/9/12

Class 5: Herbs for the Lymphatic and Urinary Systems

Class ID: 18632

Mon, 4/30/12

Class 3: Herbs for the Respiratory Systems

Class ID: 18630

Mon, 4/16/12

Class 6: Herbs for Women's Reproductive Health

Class ID: 18633

Mon, 5/7/12

Register for Entire Series and Save!

Select "View course series" at <http://normandale.augusoft.net>

Contact Hrs: 18 for series / 3 per class

\$240 for series / \$45 per class

RM: A2556

6:30pm - 9:00pm



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.



A MEMBER OF THE MINNESOTA STATE COLLEGES AND UNIVERSITIES 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: nca@normandale.edu Phone: (952) 358-8343 • Fax: (952) 358-8240 • TTY 952-358-7032. 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.

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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 952-358-7037 or TTY 952-358-7032

homeopathy

Homeopathy: Whole Health Healing

Would you like to learn about a system of healing that can restore both balance and harmony in your life? Come learn about the natural healing of homeopathy. Safe and drug-free, homeopathy is used by the Queen of England, Paul McCartney and 500 million people worldwide. According to the World Health Organization, homeopathy is one of the fastest growing forms of medicine today. Explore issues of whole health healing, and how you can treat both acute and chronic illnesses. Learn how homeopathy can be integrated with conventional medicine to restore balance and harmony between your body, mind and spirit. **3 Contact Hours, \$49**

INSTR: Cilla Whatcott, H.D., RHom, CCH
RM: A2554 6:00pm – 8:30pm
Class ID: 18803 Wed, 2/15/12

Homeopathy for Medical Professionals

NEW

Designed for medically licensed, as well as natural practitioners, this class will familiarize you with the origins of homeopathic medicine and teach you how to integrate the principles into conventional care. You will examine safety, efficacy, and practical application of homeopathy for acute and chronic conditions. Integrate these valuable tools into your care treatment choices when patients ask for safe, and highly effective, natural options. **3 Contact Hours, \$49**

INSTR: Cilla Whatcott, H.D., RHom, CCH
RM: A2554 6:00pm – 8:30pm
Class ID: 18809 Wed, 3/21/12

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. You will 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
RM: A2554 6:00pm – 8:30pm
Class ID: 18810 Wed, 4/25/12

Immunizations 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. Come and get your questions answered and be more informed about the important choices to make regarding immunization. **3 Contact Hours, \$49**

INSTR: Cilla Whatcott, H.D., RHom, CCH
RM: A2556 6:00pm – 9:00 pm
Class ID: 18811 Tue, 7/10/12

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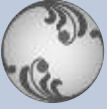
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Feng Shui Exploration



This program is being offered to those who want to sample the versatility and the broad application of Feng Shui principles to many aspects of life. The classes can be enjoyed one-by-one based on personal interest or experienced in a bigger way by attending many or all of them. 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.

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: These courses are designed for individuals interested in learning how to apply Feng Shui principles to their own home and does not qualify participants to be certified as a Feng Shui consultant. *You must bring a blueprint or scaled drawing of the main floor of your home, a ruler, pencil, and eraser to each class.*

8.4 Contact Hours, \$99

INSTR: Carole Hyder and Lisa Janusz
RM: A2556 **9:00am – 12:00pm**
Class ID: 18712 **Sat, 1/28/12 – 2/11/12**

Note: 2/4/12 session will be a teleseminar:
10:00am – 11:00am

A Natural Harmony: Feng Shui in the Garden and Landscape

Want your garden to be more than just pretty flowers? This class illustrates the principles of using Feng Shui, the Chinese practice of creating a harmonious relationship with the environment, in the garden and landscape. Using Feng Shui in your garden allows you to create an intersection of mind, body and spirit right on your own little patch of the earth. Whether you are designing a new landscape or wanting to improve your current garden, access the wisdom and use of the Five Element Cycle. Feng Shui adjustments specific to the garden are introduced. Practical and affordable application of adjustments is emphasized for both mediating “Feng Shui “challenges” as well as for enhancing Feng Shui “blessings.” **2.4 Contact Hours, \$49**

INSTR: Elaine Anderson
RM: A2556 **6:00pm – 8:00pm**
Class ID: 18783 **Wed, 5/16/12**

Feng Shui Your Way to Romance

Join us for this fun Pre-Valentine’s Day class guaranteed to generate romantic sizzle whether your relationship status is Single, Married or “It’s complicated.” Explore the power of Feng Shui to bring more love and romance into your life. *Please bring two red envelopes to class.*

2.4 Contact Hours, \$49

INSTR: Elaine Anderson and Hinda Abrahamson
RM: A2556 **6:00pm – 8:00pm**
Class ID: 18786 **Thur, 2/9/12**

Wealth & Wallets: Prosperity with Feng Shui

Given our economy today, learning how to create a prosperous life and prosperous thinking is a must. There are many practical ways to work with Feng Shui in your home or office to increase the flow of prosperity in your life.

2.4 Contact Hours, \$49

INSTR: Michelle Skally Doilney
RM: A2556 **6:00pm – 8:00pm**
Class ID: 18789 **Wed, 4/11/12**

Dressing with Intention: A Fashion FengShui® Guide to Energize Your Wardrobe, Closet and You!

Fashion can change your look and Feng Shui can change your life. Combining the two allows for an innovative approach to dressing for both personality and purpose. The powerful energies of the Five Elements will serve as a guide to assist you in choosing clothing and accessories that convey your Essence, Intention and Appearance. Learn how to dress your authentic self and conquer closet chaos in this interactive workshop. *Note: Please bring or wear an article of clothing you love and an article of clothing from your closet that you avoid wearing.* **3.6 Contact Hours, \$59**

INSTR: Hinda Abrahamson
RM: K1450 **9:00am – 12:00pm**
Class ID: 18785 **Sat, 3/31/12**

healing spaces

Creating Healing Environments: Feng Shui for Healing Professionals

NEW

Caregivers and healthcare professionals are paying more attention to the physical spaces in which they care for their clients and patients. While current research is discovering evidence of how spaces can impact healing, for over three thousand years Feng Shui has embodied methods that support aspects of healing such as balance of energy flow, centeredness, harmony, and intention. This class will expose caregivers and healthcare professionals to Feng Shui approaches to adjusting a variety of kinds of clinical spaces to better support both clients and caregivers. Recent research on Evidence Based Design and Therapeutic Spaces will be introduced as well. **2.4 Contact Hours, \$49**

INSTR: Elaine Anderson, RN
RM: A2552
Class ID: 18784

6:00pm – 8:00pm
Wed, 4/18/12

Peaceful Passages: Feng Shui for Hospice Care

NEW

This course is intended for hospice workers and also people who are providing hospice care in their home. You will learn how the concepts of Feng Shui apply to creating space for home hospice care in a way that supports both the patient and the caregivers. The course is designed with infinite appreciation and gratitude for those who support peaceful passages.

2.4 Contact Hours, \$49,

INSTR: Char Tarashanti

RM: A2556

Class ID: 18788

6:00pm – 8:00pm

Wed, 5/2/12



Summer 2012 Courses

Organizing the Feng Shui Way
6/20/12, 6:00 – 8:00pm

Back to School Feng Shui Style
8/1/12, 6:00 – 8:00pm

Sounds for Your Space: Harmonics for the Home



Presentation & Workshop

Saturday, July 14

8:30am - 12:30pm

Fine Arts Auditorium • \$108

INSTR: Carole Hyder & Jeff Bova

“Harmonics for the Home” is a sound treatment that guides a home back to a state of balance and integrity, creating harmony and well-being.

A home is more than a structure. It is capable of being influenced by outside factors. If the influences are negative, the space may feel unbalanced and unpleasant, causing those who live in it to have a similar predisposition.



Jeff Bova is a Grammy Award winning record producer, arranger and composer, who has worked with Celine Dion, Katy Perry, Michael Jackson, Luther Vandross, Eric Clapton, Cyndi Lauper, and countless others.

Carole Hyder has accomplished international success as a Feng Shui consultant, speaker, teacher, author and trainer. Carole also presents a monthly Feng Shui segment on KARE 11 Today. Carole is founder and President of the Wind and Water School of Feng Shui, licensed by the Minnesota Higher Education Services Office.



energy works

EnergyWorks Certificate

In the EnergyWorks Certificate Program offers seven individual classes defining energy work, presentation and explanation of ethical standards for energy workers, descriptions of the major human energy channels and energy fields. Learn the philosophies and descriptions of the Energy Anatomy. Learn energy healing and practice delivering and receiving energetic balancing through three major methods. You must take all seven classes to receive a certificate of completion.

Class 1: The Holistic Process: What is Energy Work

Class 2: The Tools of the Energy Trade

Class 3: Energy Anatomy: Channels

*Classes 1 - 3
will be offered
in Fall 2012*

Class 4: Energy Anatomy: Fields

Every living being and even inanimate objects emanates energy fields. There are thousands, including earth and planetary fields; natural and human-made electromagnetic fields; crystal matrix and food fields; human bio- and subtle fields. Come and explore the myriad of these fields, how they work, and how to shift energy so as to prosper our world and us. Covered are topics including geopathic stress, electro-pollution, auric fields, and morphology. **8.4 Contact Hours, \$145**

Class ID: 16753
RM: A2556

Sat, 1/14/12
9:00am - 4:00pm

Class 6: Energy Healings

This energy work and play day is dedicated to consciously accessing information, vibration, and the combination of the two for diagnosis, healing, divination, and problem-solving. We'll cover topics and techniques including energy assessment, clearing, balancing, and opening to help heal self and others. How does a practitioner (working on self or other) engage and then disengage safely? You'll leave this practical day enthused to become the healer that you are. **8.4 Contact Hours, \$145**

Class ID: 16755
RM: A2556

Sat, 3/3/12
9:00am - 4:00pm

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: 16754
RM: A2556

Sat, 2/11/12
9:00am - 4:00pm

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. We'll also cover how to assess an energy practitioner and finally, we'll practice a number of methods with other members of the class. **8.4 Contact Hours, \$145**

Class ID: 16756
RM: A1550

Sat, 4/21/12
9:00am - 4:00pm

Cyndi Dale, BA, 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. She is a featured speaker for HPSS Global, Inc., a wellness agency.



energy works

Matrix Energetics: Transformation and Consciousness Technology

This year will bring a tremendous amount of light and energy that we can all utilize. Developed by Richard Bartlett, Matrix Energetics is a system of transformation based on laws of subtle energy, consciousness and focused intent. It is a quick and easy way to bring energy work into your life in so many ways. Learn 3 easy ways to re-energize and clear negative energy, the “mirror effect” and much more. We will also practice entering the heart field and playing with each other and our life situations and challenges. You will also learn heart practices for staying stable during these turbulent times and will go home with immediate skills to make meaningful changes in your life. **2.4 Contact Hours, \$49**

INSTR: Cindy Libman, LICSW, LMFT
RM: A2556
Class ID: 18782

6:00pm – 8:00pm
Thur, 2/16/12

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 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.

Reiki Energy Therapy Level I

In a single one-day class, the student becomes a Certified Reiki Energy Therapy practitioner with the skills and abilities to fully utilize Reiki Energy Therapy. The class includes the theory and principles, historic origins, ethics, skills and abilities to administer Reiki Energy Therapy – both on one’s self and for others. **Please bring a bag lunch and pillows, towels, and/or mat.** **8.4 Contact Hours, \$150**

RM: C3061
Class ID: 18813

8:00am - 4:00pm
Sat, 2/11/12

— or —

RM: C3061
Class ID: 18814

8:00am - 4:00pm
Sat, 3/17/12

Reiki Energy Therapy Level II

This eight hour 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. Special attention is given to dealing with emotional and mental distress, and students learn to transmit Reiki Energy Therapy to a person in a different location. Upon completion of this course, the student is certified as an Advanced Practitioner with greater capabilities and ability to transmit the Reiki life force. **Please bring a bag lunch.** *Prerequisite: Certification in Reiki Energy Therapy Level I.* **8.4 Contact Hours, \$150**

RM: C3061
Class ID: 18815

8:00am - 4:00pm
Sat, 3/31/12

Lucille Crow, R.N., 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.



emotional freedom techniques

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

An Introduction to Emotional Freedom Techniques (EFT)

This introductory course provides 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

RM: A2554
Class ID: 18768

6:00pm - 8:00pm
Thur, 2/16/12

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**

RM: A2556
Class ID: 19539

6:00pm - 8:00pm
Wed, 5/9/12

NEW

Emotional Freedom Techniques (EFT) EFT Level 1, 2 & 3 Certificates

These hands-on EFT workshops are part of the required training for certification as a practitioner through EFT Universe. The training is taught in a workshop format where 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. Upon completion of Levels 1 and 2 you will have fulfilled initial requirements for certification as an EFT Intermediate Practitioner - 1, through EFT Universe.

Level 1 Certificate: 19.2 Contact Hours, \$375
RM: A2556 8:00am - 4:30pm
Class ID: 18762 Sat & Sun, 1/28/12 & 1/29/12

— or —

Class ID: 18763 Sat & Sun, 5/19/12 & 5/20/12

Level 2 Certificate: 19.2 Contact Hours, \$375
RM: A2556 8:00am - 4:30pm
Class ID: 18764 Sat & Sun, 2/4/12 & 2/5/12

— or —

Class ID: 18765 Mon & Tue, 5/21/12 & 5/22/12

Level 3 Certificate: 19.2 Contact Hours, \$375
RM: A2556 8:00am - 4:30pm
Class ID: 18766 Wed & Thur, 5/23/12 & 5/24/12



Valerie Lis, EFT, MA, an Emotional Freedom Techniques practitioner and trainer. Valerie 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.



Summer 2012 Courses

EFT Level 1 & 2 Certificates
8/4/12 - 8/7/12, 8:00am - 4:30pm

emotional freedom techniques

Interactive Tapping™ for Recovery!

NEW

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 electrical energy system in your body, simultaneously stimulating the meridian points. Learn to “neutralize” the emotion and 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, LMFT, LADC

RM: A2552

Class ID: 18767

6:00pm – 9:00pm

Thur, 3/22/12

hypnosis

Self Hypnosis

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

RM: A2554

Class ID: 18776

6:00pm - 9:00pm

Wed, 2/8/12

Medical Hypnosis

This course is ideal for the healthcare professional as it provides an understanding of hypnotic modalities, the benefits and scope of medical hypnosis, when it is beneficial to the patient, how and when to induce the hypnotic state, recognize and terminate the hypnotic state and the power of suggestion. You will learn about the current state of research and what hypnosis does to create optimal healing conditions in the body and mind as well as a method to teach your patients self hypnosis for self care. This class serves as the basis of understanding needed to pursue further training and certification in the growing field of medical hypnosis. **7.2 Contact Hours, \$129**

RM: A2556

Class ID: 18775

6:00pm - 9:00pm

Thur, 4/12/12 – 4/19/12

Cindy Locher, CI, BCH, MNLP, is a Board Certified Hypnotherapist practicing in Apple Valley, and a graduate of the Hypnosis Motivation Institute and Center for Behavioral Sciences in Los Angeles, the first accredited college of clinical hypnotherapy in the nation. She is a member of the AHA and the International Medical and Dental Hypnotherapy Association.



creativity & development

The Wisdom of Color Healing

This interactive and fun course is an introduction to the concept of color-energy along with an energetic typing process. Using the visual language of colors, pattern and imagery, you will learn to see yourself, your family members, clients, employees, bosses, and colleagues in a new light - according to their life energy and color-energetic attributes. Get a fresh perspective on colors and personal expression and learn which energy resonates with your physical, emotional, mental and spiritual needs. **3.6 Contact Hours, \$59**

INSTR: Marit Solheim Witt 6:00pm – 9:00pm
RM: A2552 Thur, 2/23/12
Class ID: 18807

Guided Imagery for Love, Health, and Prosperity

Guided imagery is an easy and effective tool for accessing your inner brilliance. It has been successfully used for thousands of years for healing, gaining insight, and receiving revelation. Cyndi will guide you through the fundamental steps of using guided imagery for general and specific goals. This course will cover the 12 different types of imagery, the art of “questing” and how to integrate it into your daily life. **2.4 Contact Hours, \$59**

INSTR: Cyndi Dale, MTAEH 6:00pm – 8:00pm
RM: A2552 Wed, 3/7/12
Class ID: 18808

NEW

Introduction to Intuition

Discover the power of applying your intuitive abilities in daily decision making and gain confidence in your innate ability to access the wisdom of your intuitive voice. You will learn to make better decisions, build stronger relationships, take more effective action and create more ease in your life. **3.6 Contact Hours, \$49**

INSTR: Doreen Johnson, BM, CSP 6:00pm - 9:00pm
RM: A2554 Tue, 3/13/12 (Class ID: 18744) or
Tue, 5/8/12 (Class ID: 18745)

Human and Animal Relations

This course presents an overview of the relationship between people and their companion animals. Students will explore how our animals affect our lives, from serving as companions and helpers to their documented influence on our health and emotional well-being. **3.6 Contact Hours, \$49**

INSTR: Mary L Stoffel 6:00pm – 8:00pm
RM: A2556 Tue, 6/19/12
Class ID: 18816

NEW



Your Best Year Yet!

The Best Year Yet system is a step-by-step method for developing an authentic plan to set your year in action. It is designed to reach the core of how you think and perform, and to empower you to new levels of personal and professional effectiveness and fulfillment. In this workshop, you will apply the questions and leave with a plan to make your next 12 months your best ever. **2.4 Contact Hours, \$49**

INSTR: Julie Delene
RM: A2552
Class ID: 18743

6:00pm – 8:00pm
Wed, 1/25/12

creativity & 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. 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 E. Shopek, PN

RM: A2552 **6:00pm - 9:00pm**

**Thur, 2/2/12 – 2/16/12 (Class ID: 18746) or
Mon, 6/11/12 – 6/25/12 (Class ID: 18747)**

Living the Sacred Through Mystical Practices

NEW

Learn about ancient Sufi wisdom, the practices of remembrance, chanting, a process for forgiveness, finding and purifying the obstacles that block you. The workshop is experiential so come prepared to have a direct personal experience that will move both experienced practitioners and beginners alike. **3.6 Contact Hours, \$59**

INSTR: Cindy Libman, LICSW, LMFT

RM: A2556 **9:00am – 12:00pm**

Class ID: 18748 Sat, 3/17/12

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. *For Photo Reading, you will need to bring 4 books along to use for activities and exercises. You will receive a free download of the Multiple Intelligence Assessment with your registration.* **18 Contact Hours, \$245 (fee includes course materials)**

INSTR: Cheryl Hiltibran, M.Ed

8:30am – 4:30pm, Sat, 4/14/12

RM: A2554 **& 8:30am – 3:30pm, Sun, 4/15/12**

Class ID: 18750

Reawakening the Feminine - Harnessing Feminine Power for Healing

NEW

In today's world, we have been cultivating the aspects of yang energy. We have learned to look outside of ourselves for answers and for healing, when in reality, we have all that we need inside ourselves. In this course, we will develop our qualities of yin energy, and enhance our feminine power and our innate abilities to heal, nurture, listen and connect. This course is appropriate for both men and women. **3.6 Contact Hours, \$59**

INSTR: Deanna Reiter, MA **9:00am – 12:00pm**

RM: A2552 **Sat 2/25/12 (Class ID: 18751) or**

Sat, 6/9/12 (Class ID: 18752)

Unblocking the Creative Flow

NEW

Instructor, Elizabeth Diamond Gabriel works with you to inspire your own natural and inherent creative expressions in a fun atmosphere of acceptance and support. Unblocking The Creative Flow is centered on the idea that every one of us is—in some way—inherently an artist regardless of past art experiences or false, negative messages implied by the culture. This is a time to simply jump in and play with the images, the sounds and the colors that spontaneously come forward in the world of art making! See required Art Supply list on our website. **3.6 Contact Hours, \$49**

INSTR: Elizabeth Diamond Gabriel

RM: F2250

6:00pm – 8:30pm

Class ID: 18757

Thur, 2/9/12



**Summer
2012
Courses**

**Creative Art Sampler
6/7/12, 6:00 – 8:30pm**

**Spiritual Evolution Series
6/13/12 – 6/27/12, 5:30 – 7:30pm**

creativity & development

NEW

Multidimensional Human Design

Come learn about an ancient system that contains powerful information that can 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 Chart which you will bring to class. Your unique MHDS chart is determined by your date, time and place of birth. We will explore MHDS, the benefits of knowing your design and decision-making strategies for the five Types, which will reveal the first and most basic layer of MHDS. **2.4 Contact Hours, \$59**

INSTR: Maureen Pelton, MSW, LICSW

RM: A2552

Class ID: 18749

6:00pm – 8:00pm

Wed, 2/15/12

Superconscious Energy Activation

Improve your career, health, finances and relationships. Gain clarity of purpose, life balance, and reduce your stress! Attract the things you truly desire by taking conscious control of your mind and inducing the power of your superconscious. This workshop is based on historical and recent research in the fields of quantum physics and vibrational frequencies to understand mind science and is taught by a genetic engineer with years of experience bridging science and energy. Note: All attendees will receive Michael's newest book *Superconscious Power: The Science of Attracting Health, Wealth and Wisdom*, a \$24.95 value. **3.6 Contact Hours, \$59**

INSTR: Michael Monroe Kiefer, PhD

RM: A2552

Class ID: 18756



6:00pm - 9:00pm

Thur, 3/29/12



Michael Monroe Kiefer, PhD, is a trainer, researcher, keynote speaker, and author. His latest book *Superconscious Power: The Science of Attracting Health Wealth and Wisdom* is focused on how the subconscious and superconscious interact. He is passionate about human potential and has spent the last 14 years developing the Powermind system.



Summer Courses Available

Drum it Up with HealthRhythms®

6/5/12, 6:00pm - 8:00pm

Spring Forest Qigong Workshops

8/3/12 - 8/5/12

Visit our website at <http://normandale.augusoft.net>

creativity & development

Self Mastery Program

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.

Class 1: Unleashing the Warrior in You

Most people never have the opportunity to be trained as a Warrior. Military combat training is not Warriorship and neither are most martial arts and fighting styles. Warriorship 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

RM: A2556
Class ID: 18753

6:00pm – 9:00pm
Mon, 3/12/12

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 understandings. 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

RM: A2556
Class ID: 18754

6:00pm – 9:00pm
Mon, 3/19/12

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 matter, where there's more thriving than surviving. After completing this course, you will be able to navigate the world, people and experiences with more clarity and feel more empowered. **3.6 Contact Hours, \$49**

RM: A2556
Class ID: 18755

6:00pm – 9:00pm
Mon, 3/26/12

Register for Entire Series and Save!
Select "View course series" at
<http://normandale.augusoft.net>

Contact Hrs: 10.8 for series / 3.6 per class
\$129 for series / \$49 per class

“I've been taking classes here for years and this is one of the absolute best. Hanakia Zedek ignited the warrior passion in not only me, but in all who attended.”

- Self Mastery Student



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. With music, voice, and intent he shows how the power of self awareness and expression can change the world. He is the author of "TaoZen Verses" and is the creator of "The Philosophy of Nothing".

movement and body work

NEW

Yoga Sampler

Yoga is the ancient Eastern system of uniting body, mind and spirit. It is sweeping the western world with techniques and practices that strengthen the body, open the heart, and quiet the mind. Come and sample the many aspects of yoga in this four-part series.

Class 1: Yoga Sampler

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**

RM: A1560

6:00pm – 8:00pm

Class ID: 18823

Thur, 4/5/12

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**

RM: A1560

6:00pm – 8:00pm

Class ID: 18824

Thur, 5/3/12

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**

RM: A1560

6:00pm – 8:00pm

Class ID: 18825

Thur, 5/17/12

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**

RM: A1560

6:00pm – 8:00pm

Class ID: 18826

Thur, 5/24/12

Register for Entire Series and Save!

Select "View course series" at <http://normandale.augusoft.net>

9.6 Contact Hours and \$129 for the series or

2.4 Contact Hours and \$49 per class

Bring a mat, blanket, water and wear comfortable clothing.

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.



movement and body work

Yoga

Research continues to affirm the benefits of yoga for health maintenance, enrichment, and musculoskeletal support. 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 5:30pm - 6:30pm
RM: A1560 Mon, 1/23/12 - 2/13/12
Class ID: 18827

— or —

INSTR: Marcy Lundquist, MA 5:30pm - 6:30pm
RM: A1560 Mon, 3/26/12 - 4/16/12
Class ID: 18828

Massage for Two

Learn simple, centuries-old techniques to relax your neck, shoulders, hands, feet and face. The class is relaxed and fun and will help you reconnect with your 'special' someone. This is the best three hours you will ever spend in a class. *A partner registration is required. Bring a blanket and pillow and wear comfortable clothing.* **3.6 Contact Hours, \$25 per person, INSTR:** Jeff Ansel, CMT

RM: S2330 6:00pm - 9:00pm
Class ID: 18821 Mon, 3/5/12

— or —

RM: S2330 6:00pm - 9:00pm
Class ID: 18822 Mon, 5/21/12

Body Signals: Developing a Relationship with Your Body

NEW

See website for more information.

INSTR: Margaret McRaith, MA, PT
RM: A2552 6:00pm - 9:00pm
Class ID: 18831 Thur, 6/14/12

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
RM: A1560 6:00pm - 8:00pm
Class ID: 18829 Thur, 4/12/12 - 4/26/12

Nordic Walking - Instructor Training Program

NEW

If you are a movement educator, recreation leader, fitness instructor or personal trainer interested in teaching Nordic Walking this Instructor Training is for you. Nordic walking offers many physiological benefits including heart health, weight management, bone health and more. Proper skills and safe techniques bring about a user-friendly, low-impact workout experience. Use of poles is ageless and without limits. This training program - "Learn Nordic Walk Now" is a proprietary new North American Low-Impact Nordic Walking Technique. You have our promise...you will never fitness walk the old-fashioned way again! Poles are available for use during your training. Nordic Walk Now Certification CEUs also available. **4.2 Contact Hours, \$149**

INSTR: Linda Lemke, C-PSIA, C-NWIT
RM: A1560 8:30am - 12:00pm
Class ID: 18830 Sat, 5/12/12

stress management

Introduction to Breathwork - Staying Calm, Cool & 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 particularly useful for relieving stress, and reducing the effects of physical illness. You will understand how to stay calm, cool and focused during times of stress. **3.6 Contact Hours, \$49**

INSTR: Patrick Weseman, CYT
RM: A2552
Class ID: 18836

6:00pm - 9:00pm
Wed, 4/11/12

heartsight® series I

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.

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.

Class ID: 18777

Wed, 5/2/12

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.

Class ID: 18778

Wed, 5/9/12

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.

Class ID: 18779

Wed, 5/16/12

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.

Class ID: 18780

Wed, 5/23/12

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.

Class ID: 18781

Wed, 5/30/12

Register for Entire Series and Save!
Select "View course series" at
<http://normandale.augusoft.net>

Contact Hours: 18 for series / 3.6 per class,
\$275 for series / \$65 per class
RM: A2552 6:00pm - 9:00pm

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.



spring forest qigong (chee gong)

Spring Forest Qigong is a simple and powerful form of Qigong. It was founded in 1994 by Master Chunyi Lin after having studied and practiced Qigong and Tai Chi with some of the world's most prominent and powerful masters. Master Lin has created these practical and simple learning workshops as part of his vision of creating "a healer in every family and a world without pain." **These Spring Forest Qigong workshops are a significant part of Master Lin's vision of creating** *"a healer in every family and a world without pain"*

Spring Forest Qigong Founder:

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. Master Lin may be assisted by other qualified instructors.



Spring Forest Qigong Level I Workshop

In Level 1, you will learn Qigong as a form of meditation exercises that will help you increase self-awareness, build internal energy and develop a healthy body physically and spiritually. These techniques will help you to relieve physical pain, stress, depression and are simple, effective and easy to learn. **.7 CEU, \$195**

DATES	TIME	LOCATION	CLASS ID
Fri, 2/3/12	8:30am - 4:30pm	Normandale - A2566	16893
Fri, 3/2/12	8:30am - 4:30pm	Normandale - A2566	16894
Fri, 6/8/12	8:30am - 4:30pm	Normandale - A2566	16901

Spring Forest Qigong Level II Workshop

Spring Forest Qigong Level II is available to those who have completed Spring Forest Qigong Level I. Learn to increase your own internal energy and to scan the body to find energy blockages, which are believed to be the root of sickness. You'll learn the healing techniques of "sword fingers" and "thunder palms". **1.15 CEU, \$245**

DATES	TIME	LOCATION	CLASS ID
Sat, 2/4/12 & Sun, 2/5/12	8:30am - 5:00pm 8:30am - 12:30pm	Normandale - A2566	16895
Sat, 3/3/12 & Sun, 3/4/12	8:30am - 5:00pm 8:30am - 12:30pm	Normandale - A2566	16896
Sat, 6/9/12 & Sun, 6/10/12	8:30am - 5:00pm 8:30am - 12:30pm	Normandale - A2566	16903

Free Information Sessions at Normandale

Class ID: 16806	Tues, 1/24/12	6:30pm - 7:30pm	RM: A2564
Class ID: 16898	Tues, 2/21/12	6:30pm - 7:30pm	RM: A2564
Class ID: 16899	Tues, 4/24/12	6:30pm - 7:30pm	RM: A2564
Class ID: 16900	Tues, 5/22/12	6:30pm - 7:30pm	RM: A2564

tai chi

What is Tai Chi? Tai Chi Chuan is a gentle, refined exercise that offers many healing benefits to people of all ages and physical abilities. With its roots in the martial arts and the ancient practice of Qigong (chi kung), Tai Chi is a slow and rhythmical form of exercise.

Benefits of Tai Chi: Tai Chi can be used to improve over-all health, well being and also manage specific health concerns such as diabetes and arthritis. The practice of Tai Chi will help increase flexibility, muscle strength and heart/lung activity. It will also help align posture and balance, reduce stress, and improve relaxation.

Tai Chi Levels: Normandale offers multiple levels of Tai Chi to encourage individuals to try tai chi in a safe and comfortable environment and to take your practice to a more advanced level. Each course is marked with a number corresponding to the level of tai chi experience you will want to have to take these programs.

- 1 For Everyone:** These courses are designed to introduce the curious and beginner to the principles of Tai Chi and to provide a supportive environment.
- 2 Beginning:** This is where to begin your tai chi journey in a safe and easy to learn environment. All classes are from Dr. Paul Lam's Tai Chi for Health Programs and are taught by certified instructors.
- 3 Intermediate:** These courses are for the person who has taken a previous Tai Chi class and desires to learn a more focused training regimen and more in-depth series of Tai Chi Forms.
- 4 Advanced:** These courses are for the serious Tai Chi student. The Tai Chi Forms are in-depth, requiring additional endurance, flexibility, relaxation, and strength.

Russ Smiley, PhD, is the lead instructor at Normandale and has been instrumental in developing the Internal Healing Arts programs at Normandale Community College. Dr. Smiley has taught at Normandale for 24 years and holds a Ph.D in Health Education. One of fifteen Master Trainers for the Tai Chi for Arthritis program in the United States, Dr Smiley serves on the Board of Directors of the non-profit Tai Chi for Arthritis Association of America and the Board of Advisors for the American Academy of Acupuncture and Oriental Medicine.



Keith Root began his Tai Chi journey in 1993. He briefly studied Wu Style before finding his way home with Yang family Tai Chi Chuan. Presently, Keith is continuing his study of Yang style Tai Chi Chuan and Yi-Quan with Fong Ha. He holds an instructor certification from Dr. Paul Lam for Tai Chi for Arthritis and Diabetes.

Patricia Gonzalez, MS, RN began her journey into the world of tai chi and qigong by her mother's interest to find a way to manage the pain of rheumatoid arthritis without increasing medications. Together, Trish and her mother started taking tai chi classes at Normandale Community College in 2003 and have not missed a session since that time. Trish received her initial tai chi instructor certification in 2004 at Normandale Community College.



Linda Ebeling has been a fitness instructor for 12 years. Her Tai Chi practice includes Sun style, Yang style, Fan and Qigong, including the Five Animal Frolics. She has studied the fan form with both Master Sheila Rae and Master Dan Jones. Linda is a Board Member of the Tai Chi for Health Community and a member of the MS Wellness Professionals Task Force.

ABC's of Tai Chi **1**

This class will teach the fundamentals of Tai Chi Chuan. It will utilize many different practices and techniques including Qigong, meditation, posture, walking, breath and alignment preparing you for further studies in Tai Chi. **12 Contact Hours, \$89 or \$10/class**

INSTR: Russ Smiley 7:00pm - 8:00pm
RM: S2330 Wed, 1/18/12 – 3/28/12
Class ID: 18837 (no class 3/7/12)

Beginning Tai Chi for Health and Arthritis **1**

Tai Chi for health beginning follows the Tai Chi from the Arthritis Foundation program. Recommended as a starting point for your Tai Chi journey, this course will introduce Dr. Lam's Simplified Sun Style Tai Chi in a safe and supportive environment. **\$89 or \$10/class**

INSTR: Russ Smiley & Patricia Gonzalez
RM: S2330 10:30am - 12:00pm
Class ID: 18839 Sat, 1/14/12 – 3/31/12
 (no classes 2/18/12 & 3/10/12)
18 Contact Hours

Free sitting/standing meditation from 10:05 - 10:30am

— or —

INSTR: Keith Root 7:00pm - 8:00pm
RM: A1560 Mon, 1/23/12 – 4/2/12
Class ID: 18840 (no classes 2/20/12)
12 Contact Hours

Free sitting/standing meditation from 6:30 - 7:00pm

— or —

INSTR: Keith Root 7:00pm - 8:00pm
RM: A1560 Thur, 1/26/12 – 3/29/12
Class ID: 18841 12 Contact Hours

Beginning Tai Chi for Health and Diabetes **2**

A beginner's course designed by Dr. Paul Lam in conjunction with his Tai Chi associations and a team of medical experts to provide an exercise that promotes relaxation, prevents diabetes, and improves cellular uptakes and glucose metabolism. **12 Contact Hours, \$89 or \$10/class**

INSTR: Keith Root 11:30am - 12:30pm
RM: A1560 Sat, 1/14/12 – 3/24/12
Class ID: 18842 (no classes 2/18/12)

Tai Chi 5 Animal Frolics **2**

NEW

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. The Animal Frolics can be an introduction to Tai Chi or an enhancement of your current practice. **12 Contact Hours, \$89 or \$10/class**

INSTR: Linda Ebeling 8:00pm-9:00pm
RM: A1560 Wed, 2/15/12 – 4/18/12
Class ID: 18844

Tai Chi Fan **3**

The spiraling movements of the Tai Chi Fan form are based in the Yang style. The combination of fluid motion and stillness help us explore the balance of Yin and Yang. The 10 week course will include instruction in the use of the fan and the first section of the form. *Fan is available for purchase in class.* **12 Contact Hours, \$89 or \$10/class**

INSTR: Linda Ebeling 7:00pm - 8:00pm
RM: A1560 Wed, 2/15/12 – 4/18/12
Class ID: 18845

Sun Style 97 Form **3**

This course covers powerful Qigong and agile steps. It is ideal for self-growth and healing – a suitable next step for those who have completed “Tai Chi for Arthritis” or “Tai Chi for Health – Beginning and Advanced.” Other certified teaching assistants may be scheduled to teach this course on an infrequent basis. **12 Contact Hours, \$89 or \$10/class**

INSTR: Russ Smiley & Patricia Gonzalez
RM: S2330 9:00am - 10:00am
Class ID: 18843 Sat, 1/14/12 – 3/31/12
 (no classes 2/18/12 & 3/10/12)

Yi Chuan **3**

Yi Chuan (also known as “Yi Quan” or “Da Cheng Chuan”) is a solid, down to earth martial arts style from China that is attracting practitioners world-wide. The methods provide its students a framework to discover and cultivate whole-body or “Hunyuan” strength as the foundation for improving health, strength, energy and self-defense capacity. This is an intermediate/advanced class but needs no pre-requisite as the training is simple to understand. **12 Contact Hours, \$89 or \$10/class**

INSTR: Keith Root 8:00pm – 9:00pm
RM: A1560 Thur, 1/26/12 – 3/29/12
Class ID: 18846

Yang Style 32 Sword Form **3**

Broaden your understanding of Yang Style. Based on the classical Yang Style Long Form, this well constructed set is graceful, open-framed and more in-depth than the popular Yang Style 24 Forms. Previous Tai Chi experience recommended. **12 Contact Hours, \$89 or \$10/class**

INSTR: Russ Smiley 8:00pm-9:00pm
RM: S2330 Wed, 1/18/12 – 3/28/12
Class ID: 18850 (no classes 3/7/12)

Yang Style 40 Form **3**

Broaden your understanding of Yang Style. Based on the classical Yang Style Long Form, this well constructed set is graceful, open-framed and more in-depth than the popular Yang Style 24 Forms. Previous Tai Chi experience recommended. **12 Contact Hours, \$89 or \$10/class**

INSTR: Keith Root 10:30am – 11:30am
RM: A1560 Sat, 1/14/12 – 3/24/12
Class ID: 18847 (no classes 2/18/12)

— or —

INSTR: Keith Root 8:00pm – 9:00pm
RM: A1560 Mon, 1/23/12 – 4/2/12
Class ID: 18848 (no classes 2/20/12)

Yang Style 108 Form – Advanced Tai Chi **4**

Following closely the teachings and practices of Sifu Fong Ha this class consists of sitting and standing meditation, Qigong practice, the Yang Long Form (Yang 108) and two person energy work. **18 Contact Hours, \$129 or \$15/class**

INSTR: Keith Root 8:30am - 10:00am
RM: A1560 Sat, 1/14/12 – 3/24/12
Class ID: 18849 (no classes 2/18/12)

Free sitting/standing meditation from 8:00 - 8:30am

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, having studied it since his youth with both Dong Yienjie and then Yang Shouzhong. He later studied YiQuan with Han Xingyuan and gained insights into QiQong with his friend Cai Songfang. 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. You may find more information in “Warriors of Stillness” of “The Tao of YiQuan” written by Jan Diepersloot, one of Master Fong Ha’s students or by visiting his website at: www.fongha.com.



Entire Series - \$140 – 16.8 Contact Hours

Sat & Sun, 6/23/12 & 6/24/12 8:00am – 4:00pm **RM: S2330**

Single Day Session - \$85 - 8.4 Contact Hours

Class ID: 16804 Sat, 6/23/12 8:00am – 4:00pm **RM: S2330**

Class ID: 16805 Sun, 6/24/12 8:00am – 4:00pm **RM: S2330**

Tai Chi Certification Programs

The Certified Teacher Training Program is designed for certified exercise instructors, Tai Chi instructors, advanced Tai Chi students and healthcare professionals (physicians, nurses, PT's, chiropractors, exercise physiologists, massage therapists, etc.).

Tai Chi for Arthritis – Teacher Certification 1 **1 & 2**

This twelve movement tai chi form in the Sun Style was designed by Dr. Paul Lam and associates. It is easy to learn, effective and safe. It increases heart/lung activity, aligns posture, improves balance and integrates mind and body. Upon completion of this program, you will be certified as an instructor for 2 years. *Note: An instructional DVD will be sent prior to the workshop.*

16.8 Contact Hours, \$240

INSTR: Russ Smiley **8:00am - 4:00pm**
RM: S2330 **Sat, 5/5/12 & Sun, 5/6/12**
Class ID: 18851

Tai Chi for Arthritis – Teacher Certification 1 Update **3**

This course 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. This is a supplemental training for instructors/leaders of the Tai Chi for Arthritis Program. *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 **8:00am - 4:00pm**
RM: S2330 **Sat, 5/5/12**
Class ID: 18852

Tai Chi for Arthritis – Teacher Certification 2 **3**

This workshop is open to anyone who has completed the Tai Chi for Arthritis - Teacher Certification 1 by Dr. Paul Lam or his authorized trainers. Students will learn and practice the reverse side of previously learned forms and 9 advanced moves/forms. Discussions on improving instructional and personal skill will also be included. This is a supplemental training for instructors/leaders of the Tai Chi for Arthritis Program. *Note: An instructional DVD will be sent prior to the workshop. Prerequisites: Tai Chi for Arthritis – Teacher Certification 1.*

7.8 Contact Hours, \$120 or \$175 for both the TCA 1 Update and TCA 2

INSTR: Russ Smiley **8:00am - 4:00pm**
RM: S2330 **Sun, 5/6/12**
Class ID: 18853



For questions regarding the content of Tai Chi for Arthritis – Teacher Certifications, contact Keith Root at: keith@nbds.com or 612-812-8361.



Simplify your life.

**Our courses are scheduled through August,
so you can plan ahead.
See website for summer course listings.**

registration for all courses

Online Registration System — FAST, EASY and AVAILABLE 24/7

<http://normandale.augusoft.net>

Use your Visa/MC/Discover to register online:
<http://normandale.augusoft.net>

Phone: 952-358-8343

Fax: 952-358-8240

Mail:
Normandale
Community College
Business Office
9700 France Ave S
Bloomington, MN
55431

In Person
Continuing Education
(C2101)
Mon – Fri,
8:00am – 4:30pm



Advanced registration is encouraged for all programs and must be accompanied by payment or charge authorization.

Email Confirmations are sent immediately when you register online for classes.

Receipts are mailed by the college's business office once a registration is fully processed. We cannot guarantee that your statement will reach you before your class begins.

Class Changes or Cancellations you will be notified by email or telephone if your class is filled or canceled. The college reserves the right to cancel classes with insufficient enrollment; payment is then automatically refunded. If you choose to cancel a course, refunds will only be granted if Normandale is notified **4 full days** prior to class start date.

Advertised Discounts:

To receive ANY DISCOUNTS you must REGISTER BY PHONE. Discounts cannot be applied to online registrations.

To register for classes receiving a discount call 952-358-8343.

Spring Forest Qigong Workshop Registration: Please register early as space is limited. If you are traveling a long distance, you are encouraged to register with Normandale before you make travel arrangement to guarantee a space at the workshop.

Spring Forest Qigong Workshop Refunds and Transfers: You may transfer or cancel a **workshop registration** anytime up to one week prior to a workshop. If you cancel at least one week prior, you will receive a 75% refund. No refunds or transfers thereafter. A 100% refund will be made if a workshop is canceled by Normandale Community College.

r e g i s t r a t i o n f o r m

Name _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

WHEN REGISTERING PLEASE INCLUDE:

CLASS TITLE	CLASS ID	BEGIN DATE	TIME	FEE
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

TOTAL FEES _____

___ Enclosed is a check or money order payable to Normandale Community College.

Register with a credit card online at <http://normandale.augusoft.net> or call 952-358-8343

Healthcare and Wellness Online Learning



Normandale's online courses and certificate programs are taught by expert instructors, many of whom are nationally known authors.

New Courses and Certificates are always being added!

To see course descriptions and register
<http://normandale.augusoft.net>

Our online courses and certificate programs offer the convenience and flexibility to fit with your schedule.

Classes start as low as \$95.

Nutrition, Fitness, and Longevity - It's all here!

Find the resources to LOOK, FEEL and BE Your Best, and design YOUR Healthy LIFE!

Stop by Normandale's booth to enter our drawing for a free class. See what's new, meet our staff and explore our cutting edge programs.



Saturday and Sunday, January 21 & 22
10am to 5pm
Minneapolis Convention Center

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

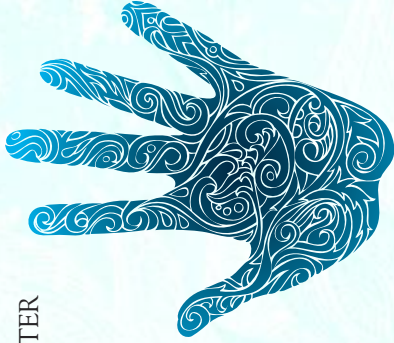
Dental Health Professional

Normandale offers courses for the dental hygienist and dental assistant to help keep skills sharp and to fulfill continuing education requirements. For our Winter/Spring 2012 course offerings, please visit: <http://normandale.augusoft.net> or call 952-358-8343.



invites you to an evening of...

Exploring the Healing Arts



Thursday, January 19, 2012 • 6pm – 9pm • FREE



Valerie Lis, MA

Come to this FREE interactive workshop to sample a variety of different healing modalities. Experience aromatherapy, reflexology, applied kinesiology, reiki, yoga, acupressure, music therapy, EFT, and more! Take control of your health and have fun doing it!

Normandale Community College RM: A2566

For more info or to register:

<http://normandale.augusoft.net> or call 952-358-8343

from house to home

Saturday, March 24, 2012

8:30 a.m. to 12:30 p.m.

Normandale Community College –
Fine Arts Auditorium

Early Bird Special: Register by

March 16 for \$49; After March 16: \$59.



NORMANDALE
COMMUNITY COLLEGE

9700 France Avenue South
Bloomington, MN 55431-4399

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