

**normandale**

fall 2014

integrative & holistic  
continuing health  
education



certificates • workshops • online



2

Ayurveda



6

Herbalism



16

Esogetics



26

Healing Arts  
Business Practices

# Renewing Life

Designed by Pathways.

**Renewing Life** is a comprehensive 9-week series designed by Pathways to support people experiencing challenging life events with emotional support and educational content, helping them move forward.



**Class ID: 35597**    Tue, 9/23/14 – 11/25/14    6:00pm – 8:30pm    RM: P1810

27 Contact Hours, \$365, INSTR: Betsy Knapp & Debra Safyre

**Want to become a certified Renewing Life Facilitator?**

Upon completion of this program, you are eligible to begin the facilitator training, coming Spring 2015.

For more information, contact Amanda at 952-358-9182  
or [amanda.gustafson@normandale.edu](mailto:amanda.gustafson@normandale.edu)



# Table of Contents

## AROMATHERAPY

Foundations .....	2
Aromatherapy & Acupressure .....	3
Essential Oil Therapies .....	3
Dream Therapies .....	3

## AYURVEDA

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

## BODY SYSTEMS

Anxiety Reduction .....	17
Detoxing & Muscle Response Testing .....	16
Hormone Balance .....	16
Putting Insomnia to Rest .....	16
Touch for Health Level 1 (AK) .....	16

## CODING AND TRANSCRIPTION

Medical Careers Free Info Session .....	32
Medical Coding & Billing .....	32
Medical Transcription Editor .....	33
ICD-10 Fast Track .....	33

## COSMETOLOGY LICENSURE

License Compliance for Cosmetology Professionals .....	30
---	----

## CREATIVITY AND DEVELOPMENT

Face Reading .....	25
Freeing the Feminine .....	24
Full Moon Meditation .....	24
Full Voice .....	25
Intro to Psychodrama .....	25
Journeying for Transformation .....	13
Philosophy of Nothing .....	26
Soul Collage .....	25
Storytelling for Health .....	25
Your Personal Archetype .....	24

## ENERGY WORK

Energy Medicine Certificate .....	12-13
Energy Medicine Mentorship .....	13
Energetic Boundaries for Helping Professionals .....	12

## EMOTIONAL FREEDOM TECHNIQUES

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

## ESOGETICS

Overview of Esogetics .....	16
Body I-Ching .....	17
Dream Therapies .....	17

## EXPLORE LANGUAGES

American Sign Language Levels 1 & 2 .....	36
Spanish for Medical Professionals 1 & 2 .....	36

## EVENTS

Fall into Wellness .....	9
Health IT Free Info Sessions .....	32
Learning Well on Edge Talk Radio .....	5
Medical Careers Free Info Session .....	32
Tai Chi Open House .....	21-22
Compression Planning .....	36-37

## FENG SHUI

Attracting Wealth with Feng Shui .....	15
Clearing Clutter with Feng Shui .....	15
Discovery Feng Shui .....	14
Healing Environments with Feng Shui .....	15

## HEALING ARTS BUSINESS

Healing Arts Business Series .....	28-29
Health Business Strategies .....	28

## HEALING TOUCH

Healing Touch Level 1 Certification .....	10
---	----

## HEALTHCARE AND MEDICAL

Dental Continuing Education .....	36
Emergency Medical Responder Refresher .....	31
Healthcare Provider CPR & Renewal .....	31
Medical Administrative Assistant .....	33
Nursing Refresher .....	30
Pharmacy Technician .....	32

## HEALTH INFORMATION TECHNOLOGY

Health Information Technology .....	34-35
-------------------------------------	-------

## HERBALISM

Herbalism Certificate .....	6
Holistic Health Assessment .....	7
Wild Plant Walk .....	7

## HOMEOPATHY

Homeopathic First Aid .....	5
Homeopathic Medicine .....	4
Homeopathy & Influenza .....	5
Immunizations in Homeopathy .....	5
Homeopathic Casetaking .....	4
Homeopathy and Infections .....	4
Homeopathy and Autism .....	4

## HYPNOSIS

Anxiety Reduction .....	17
Self Hypnosis Part 1 & 2 .....	8-9

## MOVEMENT AND BODYWORK

Belly Dance .....	18
Chair Yoga .....	19
Intro to Foot Reflexology .....	18
Qi-Breathing .....	19

## NUMEROLOGY

Life Path Theme .....	27
Heart's Desire .....	27
Personal New Year .....	27

## PHARMACY TECHNICIAN

Pharmacy Technician .....	32
---------------------------	----

## QIGONG MOVEMENT FORMS

5 Animal Frolics .....	20
Radiant Lotus .....	20

## REIKI ENERGY THERAPY

Reiki Energy Therapy: Levels 1 & 2 .....	10-11
--	-------

## SELF MASTERY CERTIFICATE

Self Mastery .....	26-27
Awakening the Archetypes .....	26

## SOUND HEALING

Intro to Sound Healing .....	14
Tibetan Singing Bowls .....	14
Tuning Forks .....	15

## SPRING FOREST QIGONG

Managing Stress with SFQ .....	21
Qi-ssage with SFQ .....	21

## STRESS MANAGEMENT

How to Be a Happier Person .....	8
Best Stress Reduction for You .....	8
Taoist Meditation .....	8

## TAI CHI

Beginning Tai Chi for Health & Arthritis .....	23
Tai Chi for Diabetes .....	23
Tai Chi Workshops .....	20-21
Sun Style .....	23
Teacher Certifications .....	22
Yang Style .....	23

## WOMEN'S HEALTH

Freeing the Feminine .....	24
Hormone Balance .....	16
Radiant Lotus Qigong .....	20

## YOGA

Yoga Sampler .....	26-27
Chair Yoga .....	19

# ayurveda certificate



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

## Introduction to Ayurveda

This foundational course covers the history, science and purpose of Ayurveda, the five elements and the Dosha, one of the three vital bioenergies.

**Class ID: 35543** Tue, 9/23/14 6:00pm – 8:30pm RM: P1838

*Introduction to Ayurveda is a prerequisite for ALL other Ayurveda classes in this series*

## aromatherapy

### Aromatherapy Foundations Certificate

This certificate course in aromatherapy provides the foundational information and skills you need to understand how and why essential oils work. Learn how essential oils heal simultaneously in the physical body, and emotional and energetic levels. Explore the therapeutic benefits, chemistry, safety, olfactory system and receive insider tips on the field of aromatherapy. Hands on learning in class includes learning about 7 essential oils, assessment skills, how to use diffusers and sprays, and make inhalers and topical treatments that are safe and cost effective. 15.6 Contact Hours, \$275

**Class ID: 35129** Fri, 10/17/14 8:30am – 4:30pm  
& Sat, 10/18/14 9:00am – 4:00pm RM: P1840

**Recommended for Certificate:** Complete Guide to Aromatherapy 2004 (2nd edition) by Salvatore Battaglia, available at major textbook retailers. Oils and supplies (not required for class) are available for purchase in class as well as textbook from instructor.

**Jodi Baglien, CA, CST**, is an experienced holistic practitioner and instructor. Founder of "Jodi Baglien well being + wisdom studio" in Osseo, MN, she combines her years of training and experience in clinical aromatherapy and shiatsu therapy with her passion for awakening and mastering our inherent intuitive gifts.



### Class 1: Diet & Nutrition

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

Class ID: 35544    Tue, 9/30/14    6:00pm – 8:30pm    RM: P1838

### Class 2: Constitution & Wellness

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

Class ID: 35545    Tue, 10/7/14    6:00pm – 8:30pm    RM: P1838

### Class 3: Daily Routine & Harmony with Nature

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

Class ID: 35546    Tue, 10/14/14    6:00pm – 8:30pm    RM: P1838

### Class 4: Health Maintenance with Seasonal Changes

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

Class ID: 35547    Tue, 10/21/14    6:00pm – 8:30pm    RM: P1838

### Class 5: Herbs & Food for Healthy Living

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

Class ID: 35548    Tue, 10/28/14    6:00pm – 8:30pm    RM: P1838

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

### Essential Oil Therapies

**NEW**

Learn to use essential oils for aches and pains. This course is taught from a holistic approach and is easily applied to many care environments or for home use. Aromatherapy is perfect for nurses, massage and shiatsu therapists, mental health care providers, acupuncturists, hospice and palliative care - but everyone can benefit from these simple and easy to use techniques for self, family and clients. 8.4 Contact Hours, \$159

Class ID: 35784    Sat, 12/13/14    8:30am – 4:30pm    RM: P1840

### Aromatherapy and Acupressure

**NEW**

This introductory class will teach you two powerful stress reducing techniques that you can use right away for overall healing, tension and stress relief. By pairing aromatherapy and acupressure points, you can profoundly enhance your well-being routine and add a new rich dimension to your holistic practice with essential oils. **Special Bonus!** Take home your energetically aligned essential oil used in class. 3.6 Contact Hours, \$69

Class ID: 35563    Tue, 9/16/14    6:00pm – 9:00pm    RM: P1840

### Dream Therapies

**NEW**

Learn 19 therapies to resolve internal conflicts in dreams using a combination of touch and essential oils. You will also learn to clear blockages and interpret body symptoms. 3 Contact Hours, \$78 (includes essential oils), INSTR: SchaOn Blodgett

Class ID: 35561    Thur, 10/9/14    6:30pm – 9:00pm    RM: P1838





## Homeopathic Medicine Certificate

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

### Class 1: Foundations of Homeopathic Medicine

This course provides an overview of the art and science of homeopathic medicine. You will learn the basics of homeopathy to treat yourself and others using the 3 basic laws of homeopathy and simple cell salts. Learn how to engage the body's natural defenses to maintain more vibrant health. **7.2 Contact Hours, \$149**

**Class ID: 35576 Sat, 9/20/14 9:00am – 4:00pm RM: P0842**

*All natural, over-the-counter homeopathic remedies are FDA regulated and safe for children, adults and the elderly.*

## Homeopathic Theory and Casetaking

**NEW**

This class is a deep dive into the precepts of constitutional prescribing and introduces the material medica of selected plant, animal and mineral remedies. *Prerequisite: Homeopathic Medicine Certificate.* **4.8 Contact Hours, \$89, INSTR: Cilla Whatcott, HD (RHom) CCH**

**Class ID: 35592 Sat, 11/1/14 9:00am – 1:00pm RM: P0842**

## Homeopathy and Upper Respiratory Infections

**NEW**

Otitis, bronchitis, sore throats, oh my! Homeopathy offers a reasonable and effective solution to a growing problem, whether it's recurring sinusitis, or chronic fluid in the ears. Learn practical tips and recommendations for remedies you can purchase from your local health food store. **4.2 Contact Hours, \$59, INSTR: Cilla Whatcott, HD (RHom) CCH**

**Class ID: 35590 Sat, 11/22/14 9:00am – 12:30pm RM: P1810**

## Homeopathy and Autism Spectrum Disorders

**NEW**

Is there anything homeopathy can do for children "on the spectrum"? Learn about Tinus Smits, MD and his effective method of removing obstacles to cure and eliminate autism expression. See actual case studies including how Amy Lansky, PhD treated her child's autism using homeopathy. **4.2 Contact Hours, \$59, INSTR: Cilla Whatcott, HD (RHom) CCH**

**Class ID: 35591 Sat, 12/6/14 9:00am – 12:30pm RM: P0842**

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

### **Class 2: Homeopathy and Influenza**

This class will familiarize you with the natural methods to deal with influenza and other viral illnesses, examine conventional flu vaccines for ingredients and efficacy and the historic and current practical application of homeopathy for acute infectious, contagious disease. You will also learn about the history and application of homeoprophylaxis. 3.6 Contact Hours, \$49

**Class ID: 35577** Sat, 9/27/14 9:00am – 12:00pm RM: P0842

### **Class 3: Immunization From a Homeopathic Perspective**

This course is designed for parents questioning the best way to protect their children as well as health professionals looking for answers to the complex issues surrounding the increased vaccine recommendations. This class will look at methods of vaccination and the safe and effective alternative solution called “homeoprophylaxis.” 3.6 Contact Hours, \$49

**Class ID: 35578** Sat, 10/4/14 9:00am – 12:00pm RM: P0842

### **Class 4: Homeopathic First Aid**

Learn the basics of using homeopathy to treat minor acute injuries and illnesses and to engage the body’s natural defenses to maintain more vibrant health. You will become familiar with effective remedies for burns, wounds, ear infections, learn the main characteristics of an illness and how to match them to a remedy choice as well as how to dose a remedy safely and when to stop dosing. Each participant will go home with 30c. of arnica. *Prerequisite: Foundations of Homeopathic Medicine.* 3.6 Contact Hours, \$89

**Class ID: 35579** Sat, 10/11/14 9:00am – 12:00pm RM: P0842



# Learning Well

on Edge Talk Radio

First Tuesday of the Month – 6 pm

Host **Elise Marquam Jahns** engages local and national thought leaders on topics including integrative health, meditation and mindfulness, and spiritual development.

Elise is co-author of “Creating Choices” and spent 35 years with Twin Cites Public Television.

Listen to live and archived shows at [blogtalkradio.com/edgemagazine](http://blogtalkradio.com/edgemagazine) or call in at 714-364-4950.



INTEGRATIVE HEALTH EDUCATION CENTER  
at Normandale Community College



# herbalism certificate



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

**NEW!** This series has been extended to 8 classes to expand on the depth of materials and deeper exploration of the history and development of Herbal Therapy.

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

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

<b>Part 1: Class ID: 35551</b>	Mon, 9/22/14	6:30pm – 9:00pm	RM: P1844
<b>Part 2: Class ID: 35552</b>	Mon, 9/29/14	6:30pm – 9:00pm	RM: P1844

## Class 2: The Constituents and Properties of Herbs

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

<b>Part 1: Class ID: 35553</b>	Mon, 10/6/14	6:30pm – 9:00pm	RM: P1844
<b>Part 2: Class ID: 35554</b>	Mon, 10/13/14	6:30pm – 9:00pm	RM: P1844

## Class 3: Herbs for the Mind, Spirit, Emotions and Neuromuscular Systems

Learn how herbs influence various conditions and states of being.

<b>Class ID: 35555</b>	Mon, 10/20/14	6:30pm – 9:00pm	RM: P0840
------------------------	---------------	-----------------	-----------

## Class 4: Herbs for the Immune and Endocrine System

Learn the effects of herbs on the immune and endocrine system.

<b>Class ID: 35556</b>	Mon, 10/27/14	6:30pm – 9:00pm	RM: P0840
------------------------	---------------	-----------------	-----------

## Class 5: Herbs for Digestion and Elimination

Explore herbs that can help our digestion and elimination process.

<b>Class ID: 35557</b>	Mon, 11/3/14	6:30pm – 9:00pm	RM: P0840
------------------------	--------------	-----------------	-----------

## Class 6: Herbs for the Cardiovascular System

Discover herbs that support the heart and circulation.

<b>Class ID: 35558</b>	Mon, 11/10/14	6:30pm – 9:00pm	RM: P0840
------------------------	---------------	-----------------	-----------

“Very useful for a myriad of health issues.”



## Wild Plant Walk:

### Identification for Food & Medicine

**NEW**

Learn to identify and appreciate basic edible and medicinal uses of wild plants and shrubs of fall. Explore plant life in Normandale's expansive natural setting and learn how to utilize them for food and medicine. 3 Contact Hours, \$49, INSTR: Matthew Alfs

Class ID: 35542 Mon, 9/15/14

5:00pm – 7:30pm

RM: P0842

### Holistic Health Assessment - An Herbal Perspective

**NEW**

Learn to assess a person's overall health using holistic-evaluation techniques. This class will expand upon the Herbalism Series to determine the health of an individual, energetic imbalances; the strength of his/her vital force, blood quality, and digestion; and the level of his or her toxicity. Skills covered will include tongue analysis, pulse analysis, muscle testing, facial analysis (physiognomy), skin analysis, symptom analysis and laboratory tests that can be ordered directly by one's self without the need for a physician's order. Materials: Lighted magnifier, available at class (\$10). *Prerequisite: Successful completion of the complete Herbalism Series.* 9 Contact Hours, \$135, INSTR: Matthew Alfs

Class ID: 35550 Mon, 11/17/14 - 12/8/14

6:30pm – 9:00pm

RM: P0840

**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, the Director of the Midwest School of Herbal Studies and has authored numerous articles on herbal therapy.



## LOOK, FEEL and BE your best! Design YOUR Healthy LIFE!

Visit the Normandale booth to enter our free drawing. See what's new, meet our staff and explore our cutting edge programs.



October 18 & 19  
10 am – 5 pm  
Minneapolis Convention Center

Register and get a **FREE Admission ticket** at [normandale.edu/CE/classes](http://normandale.edu/CE/classes)  
(click on Browse Classes/For Your Interest/Free Events)



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

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

## Self Hypnosis – Part 1

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

**Class ID: 35571**    Thur, 9/25/14    6:00pm – 9:00pm    RM: P1838

## stress reduction and meditation

### Finding the Best Stress Reduction Techniques for You

**NEW**

There are many stress reduction techniques. How can you find what works best for you? Using an assessment tool from the Canadian Institute of Stress, you will learn about your unique patterns of stress, and the techniques that are most likely to provide relief. 4.8 Contact Hours, \$75, INSTR: Elise Marquam Jahns, MS

**Class ID: 35134**    Sat, 11/8/14    8:00am - 12:00pm    RM: P0842

### Taoist Healing & Transformation Meditation

Learn The Inner Smile, MicroCosmic Orbit and the Healing Sounds meditations; the foundation of the Universal Tao System. These techniques teach you how to transform stress into vitality and create internal harmony. Learn how to relieve chronic pain, detoxify your system, increase your energy and enjoy better health. 2.4 Contact Hours, \$49, INSTR: Bryan Bertsch

**Class ID: 35541**    Mon, 9/29/14    6:30pm – 8:30pm    RM: P1840

### How to Be a Happier Person

**NEW**

Increasing our levels of happiness correlates with long term health improvements, lower stress, stronger immune systems, and better relationships. This class will provide an overview of the research in the field, and practical steps you can take to increase your happiness. 9.6 Contact Hours, \$159, INSTR: Elise Marquam Jahns, MS

**Class ID: 35758**    Mon, 10/6/14 – 10/27/14    6:00pm – 8:00pm    RM: P1840

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

### Self Hypnosis – Part 2

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

Class ID: 35572    Thur, 10/23/14

6:00pm – 9:00pm

RM: P1838

*See website for class descriptions and prerequisites.*

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



## Fall into Wellness

9 am – 1 pm

Saturday, September 13

### FREE COMMUNITY EVENT

Come and explore new opportunities and ways to enhance your well-being as you sample some of our most popular programs.

You will experience educational seminars, demonstrations, and activities.

- Spring Forest Qigong
- Belly Dance
- Applied Kinesiology
- Homeopathy
- EFT and more!



**Bring family and friends to this fun and free event**

Class ID: 35770

Normandale offers many programs and services designed to support greater health and well-being!

Come and find new ways to fall into wellness!



# reiki energy therapy



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

## Reiki Energy Therapy Level 1

This course prepares you to become a Certified Reiki Energy Therapy practitioner with the skills and abilities to fully utilize Reiki Energy Therapy including the theory and principles, the historic origins, the ethics and the skills and abilities to administer Reiki Energy Therapy. Please bring a bag lunch and pillows, towels, and/or mat. 8.4 Contact Hours, \$150

**Class ID: 35118** Sat, 10/25/14 8:00am – 4:00pm RM: C3061

**Class ID: 35120** Sat, 11/15/14 8:00am – 4:00pm RM: C3061

## healing touch

Healing Touch is an international educational program in energy based medicine therapy. As a professionally accredited program, the curriculum encompasses increasing levels of practice and techniques, standards of care, code of ethics and scope of practice. Healing Touch is endorsed by the American Holistic Nurses Association.

### Healing Touch International (HTI) Level 1

Healing Touch is relaxing, nurturing energy therapy which uses gentle, heart-centered touch to assist in balancing physical, mental, emotional and spiritual well-being and enhances the body's natural ability to heal. The class is open to anyone who desires to study energy therapy with a commitment to help others. Healing touch works in complement with standard medical care and other health care systems and is safe for all ages. 18 Contact Hours, \$295 (workbook included)

**Class ID: 35109** Fri, 11/7/14 8:00 am – 5:00pm RM: P1810

& Sat, 11/8/14 8:00 am – 4:00pm

**Barb Schommer, RN, MS, CHTP, CHTI**, draws on her 45 year career as a public health nurse, combining standard medical care with energy therapy. As a Certified Healing Touch Instructor, Barb is gentle and loving in her approach of allowing participants to unfold in their own life healing journey as they learn Healing Touch.



“This class has been impactful, plus gave me skills I could use in the future.”

## Reiki Energy Therapy Level 2

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

Class ID: 35119

Sat, 12/13/14

8:00am – 4:00pm

RM: C3061

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



## emotional freedom techniques

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

### EFT: Level 1 & 2 Certificates

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

#### Level 1 Certificate:

Class ID: 35137 Sat & Sun, 9/27/14 & 9/28/14

8:00am – 4:30pm

RM: P1842

#### Level 2 Certificate:

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

Class ID: 35574 Sat & Sun, 10/4/14 & 10/5/14

8:00am – 4:30pm

RM: P1842

**Valerie Lis, EFT, MA, EFT Expert Practitioner 2 & EFT Universe Certified Trainer**, is a national holistic health practitioner and trainer, educating college students, business and health professionals with self-empowering tools that produce positive change in just minutes.





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

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

Explore the exciting fundamentals of energy, both physical and subtle. Learn about the major energetic systems, as well as the leading-edge research substantiating their existence and functions. We will analyze the various diseases, conditions, and lifestyle issues best addressed by which modalities before we get down to business and practice moving energy. Start filling your toolbox with necessary energy mastery techniques.

**Class ID: 35152** Sat, 10/25/14 9:00am – 4:00pm RM: P1838

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

The energy worker's toolbox includes intuition, boundaries, ethics, intention, protection, prayer, grace and your own version of the Hippocratic Oath. We will also review the nature of energetic interference, energetic bindings, and techniques to access safe spiritual sources, in addition to the importance of beliefs and feelings. You'll leave this class with a clear sense of your most important energy medicine tools and ways to apply them, all covered in this dynamic workshop.

**Class ID: 35153** Sat, 11/15/14 9:00am – 4:00pm RM: P1838

## **Energetic Boundaries for Helping Professionals**

**NEW**

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 that clients and coworkers. This course is designed for health care practitioners, nurses, teachers, social workers, therapists, caregivers, massage therapists, and holistic practitioners. **3.6 Contact Hours, \$49, INSTR: Kay Grace**

**Class ID: 37062** Tue, 10/14/14 6:00pm – 9:00pm RM: P0806B

“ *Just delightful,  
a very safe space.* ”



### Class 3: Energy Anatomy: Channels

In this class, we'll explain the two main energy channels, the meridians and the nadis, that support and determine our physical, mental, emotional, and spiritual wellbeing. Learn the historical and scientific evidence of these carriers of healing and thought as you learn ways to apply this information in energy work.

Class ID: 35154      Sat, 12/13/14      9:00am – 4:00pm      RM: P1838

Classes 4-7 will be offered in Winter/Spring 2015  
See website for course descriptions

### Energy Medicine Mentorship - A Practicum Experience **NEW**

In this true mentorship process, you'll be supported in developing your own unique abilities and gifts, as practicing in a supportive environment will build confidence in your intuition and skills. This practicum is all about interaction and advanced teaching, using participants' questions, interests, and issues as the focus of both. *Prerequisite: Previous energy medicine classes or approval by instructor.* 12 Contact Hours and \$225 for series or 3 Contact Hours and \$65 per session, INSTR: Cyndi Dale

Class ID: 35148      Sat, 9/20/14      9:00am – 12:00pm      RM: P0840

Class ID: 35149      Sat, 10/4/14      9:00am – 12:00pm      RM: P0840

Class ID: 35150      Sat, 11/8/14      9:00am – 12:00pm      RM: P0840

Class ID: 35151      Sat, 12/6/14      9:00am – 12:00pm      RM: P0840

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



## Journeying for Transformation

From ancient to modern times, individuals dedicated to their own or others' spiritual journey have traversed the "time-space" continuum—the subject of this intensive and experiential week-end. We will draw on Newtonian and quantum physics, as well as cross-cultural healing laws, to travel into the following areas: soul planes, parallel realities, ages and the divine realms. You will gain insight into your own spiritual journey, and learn how to assist others with their own evolution. 12 Contact Hours, \$325, INSTR: Cyndi Dale

Class ID: 35155      Fri, 9/26/14 & Sat, 9/27/14      10:00am - 4:00pm      RM: P0844



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

### **Class 1: Discovery Feng Shui: A Personal Journey**

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

**Class ID: 35569** Sat, 9/27/14 9:00am – 12:00pm RM: P0840

## sound healing

### **Introduction to Sound Healing Basics**

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

**Class ID: 35779** Wed, 9/17/14 6:00pm – 8:00pm RM: P0806

### **Tibetan Singing Bowls - Sound Healing Tools for Peace & Calming**

**NEW**

Learn how to use Tibetan Bowls, metal chimes & Ting-shas to balance the energy centers, and entrain a person into a state of peace and calming. These amazing metal singing bowls can also be used to discover blocks and clear in the energy system. Discover how they work, and practice self-care and ways to work with others to balance and harmonize the physical, mental, emotional and spiritual bodies. 7.2 Contact Hours, \$149, INSTR: Kay Grace

**Class ID: 35778** Sat, 9/20/14 9:00am – 4:00pm RM: P0844

## Class 2: Attracting Wealth & Prosperity with Feng Shui

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

Class ID: 35566    Tue, 10/7/14    6:00pm – 8:00pm    RM: P1840

## Class 3: Creating Healing Environments with Feng Shui

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

Class ID: 35568    Tue, 10/14/14    6:00pm – 8:00pm    RM: P1840

## Class 4: Clearing Clutter with Feng Shui

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

Class ID: 35567    Tue, 10/21/14    6:00pm – 8:00pm    RM: P1840

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



## Tuning Forks - Sound Healing Tools for Relieving Pain and Restoring Well-Being

**NEW**

Tuning Forks have a powerful, focused effect on the nervous system. The sounds and vibrations help the cells, tissues, fluids and energy field to remember their original “blueprint” for well-being, moving the whole system into greater harmony and coherence. They are also known to help relieve acute physical pain, especially swelling and inflammation. You'll learn how this works, and a couple of simple protocols to use tuning forks both on the body at acupressure points, as well as off the body, in the energy field, depending on the desired outcome. 7.2 Contact Hours, \$149, INSTR: Kay Grace

Class ID: 35776    Sat, 11/1/14    9:00am – 4:00pm    RM: P0844



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





# esogetics practices



Esogetics is a healing modality using sound, light and smell to promote healing. Its unique model addresses 7 principles of the human system and aligns over 200 modalities for healing. **9 Contact Hours and \$156 for series or 3 contact hours and \$49 per class, INSTR: SchaOn Blodgett**

## **Class 1: Overview of Esogetics**

**NEW**

Esogetics' unique model aligns over 200 holistic healing modalities. Participants will be introduced to the 7 principles of the human system, experience a color sound therapy, and leave with a self-care regiment for the body molecule.

**Class ID: 35559**    Thur, 10/2/14    6:30pm – 9:00pm    RM: P1838

## body systems

### **Putting Insomnia to Rest**

**NEW**

This course addresses scientific to sacred qualities of sleep. Experience an in-depth look at the biology and social influences on sleep, methods of addressing insomnia, and lifestyle changes you can make to promote deep, restful sleep. **3.6 Contact Hours, \$49, INSTR: Michael DeSanctis, Ph.D.**

**Class ID: 35549**    Thur, 10/30/14    6:00pm – 9:00pm    RM: P1838

### **Touch for Health Level 1: Applied Kinesiology**

**NEW**

Touch for Health is a comprehensive model of Applied Kinesiology. Learn the art of Muscle Testing, how to perform a 14 muscle “fix as you go” meridian balance, as well as a variety of simple pain techniques for self and others care. This course offers a balanced mix of formal and hands-on instruction with the purpose of building the confidence to immediately put your knowledge into practice. **15.6 Contact Hours, \$350, INSTR: Melissa Dirtzu**

**Class ID: 35802**    Fri & Sat, 11/21/14 & 11/22/14    9:00am – 4:30pm    RM: P1840

### **Detoxing and Muscle Response Testing**

**NEW**

Learn about the toxins you are exposed to everyday in our environment, their affects, and how to protect oneself and help to heal from toxic exposure. We will discuss the proper way to detoxify our bodies using foods and supplements. You will discover how to use muscle response self-testing to avoid toxins, and find the foods, supplements and products that are compatible with your body. **3 Contact Hours, \$49, INSTR: Thomas Miller, DC, Shanna Shouman, DC, Heidi Gilman, NCABT**

**Class ID: 35774**    Tue, 12/2/14    6:00pm – 8:30pm    RM: P1840

### **Hormone Balance: The Thyroid and Beyond**

**NEW**

Hormones make life happen. They activate energy, stress, weight gain, reproduction, and sleep. This class will discuss how the major hormones interact and influence each other while providing practical strategies to improve hormone function for energy, weight and sleep improvements. **3.6 Contact Hours, \$49, INSTR: Paul Ratté, ND**

**Class ID: 35775**    Mon, 9/15/14    6:00pm – 9:00pm    RM: P1840

## Class 2: Dream Therapies

**NEW**

Learn 19 therapies to resolve internal conflicts in dreams. Discover how to interpret body symptoms. You will learn to clear blockages using a combination of touch and a special blend of essential oils. (\$29 material fee for essential oils)

**Class ID: 35561**

Thur, 10/9/14

6:30pm – 9:00pm

RM: P1838

## Class 3: Body I-Ching

**NEW**

Learn to promote wellness of all aspects of your life through this combination of I-Ching symbols and acupuncture points. Drawing the 64 I-Ching symbols on specific locations stimulates healing and balance.

**Class ID: 35560**

Thur, 10/16/14

6:30pm – 9:00pm

RM: P1838

## Mind Body Techniques for Anxiety Reduction

This class teaches several mind/body techniques that naturally and effectively stop anxiety at its source, without the side effects of medication. You will learn the causes of anxiety, how to recognize and control your own reactions quickly and naturally, and learn tools to prevent anxiety from reoccurring. 3.6 Contact Hours, \$49, INSTR: Cindy Locher

**Class ID: 35573**

Thur, 12/4/14

6:00pm – 9:00pm

RM: P0806B

## Managing Stress with Spring Forest Qigong

See page 21 for course description.

# Wellness at Work

Beginning this fall, Normandale is offering a new Workplace Wellness program for organizations of 20 or more. Participating organizations will receive a discount code on selected classes.

Package options include:

- Stress Reduction
- Healing Modalities from Around the World
- Employee Empowerment
- Healthy Options
- and more!

Learn how easy and convenient it is to expand your employee wellness programs. Call **952-358-8343**.





## Yoga Sampler Series

This immensely popular series will strengthen your body, open your heart, and quiet your mind. This four-part series will introduce you to the eight-limbed path of yoga. Bring a mat, blanket, water, and wear comfortable clothing. **9.6 Contact Hours, \$139 for series or 2.4 Contact Hours and \$49 per class**

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

Learn the eight-limbed path of yoga which allows 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.

**Class ID: 35531** Thur, 10/9/14 6:00pm – 8:00pm RM: S2330

### Class 2: Pranayama and Yoga Nidra

Pranayama is the art and science of yogic breathing techniques. The benefits include clarity of mind, physical well-being, purpose, intention, inner and outer health and fulfillment, lightness of heart, and even weight loss. Yoga Nidra is like nothing you have experienced before. This practice completely relaxes the nervous system, releasing physical, emotional and mental tension.

**Class ID: 35532** Thur, 10/16/14 6:00pm – 8:00pm RM: S2330

## movement and body work

### Belly Dance for Every Body

**NEW**

Belly dancing is extraordinarily beneficial for improving flexibility, core strength, endurance, musculature awareness, and posture improvement. You will be introduced to the foundation moves of Middle Eastern dancing. All ages and body types are encouraged. **7.2 Contact Hours, \$59, INSTR: Shannon Townsend**

**Class ID: 35536** Wed, 9/17/14 – 10/22/14 7:00pm – 8:00pm RM: A1560

**Class ID: 35537** Wed, 10/29/14 – 12/10/14 7:00pm – 8:00pm RM: A1560

### Introduction to Foot Reflexology

**NEW**

This course focuses upon the relationship between the reflexology zones and maps of the feet and body systems/organs. It includes demonstration and practice of pressure point location and thumb/ finger walking which stimulates the innate self-healing of the body. **3.6 Contact Hours, \$59, INSTR: Denise Tonkinson, NCBTMB**

**Class ID: 35535** Thur, 10/2/14 6:00pm – 9:00pm RM: P0806B







## Radiant Lotus Qigong

This Qigong form is designed for women and focuses on optimizing health and healing to bring peace, grace and strength to women 15 to 95. Radiant Lotus Qigong helps support menstrual and menopausal symptoms, breast health, rejuvenating skin, hair and bones, and brings a sense of self-empowerment and ability to cope with stress. This course is for women only. 7.2 Contact Hours, \$65, INSTR: Linda Ebeling, CTCA, CTCDD, CSTC

**Class ID: 35174**

Wed, 9/17/14 – 10/22/14

6:30pm – 7:30pm

RM: S2330

## 5 Animal Frolics Qigong

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

**Class ID: 35139**

Wed, 10/29/14 – 12/10/14

6:30pm – 7:30pm

RM: S2330

## tai chi workshops

### Crane Frolic Workshop

**NEW**

Keep summer going with the Crane set of movements, associated with summer and the Fire Element in Traditional Chinese Medicine. The Crane is considered one of most fundamental sets in the Five Animal Frolics Qigong, increasing flexibility, especially in the spine. 2.4 Contact Hours, \$29, INSTR: Linda Ebeling

**Class ID: 35144**

Sat, 9/27/14

1:30pm – 3:30pm

RM: S2330

### Yi Chuan Workshop

**NEW**

Yi Chuan is a solid, down to earth martial arts style from China. The method provides 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 prerequisite as the training is simple to understand. 2.4 Contact Hours, \$29, INSTR: Keith Root

**Class ID: 35180**

Sat, 11/8/14

2:00pm – 4:00pm

RM: A1560

# spring forest qigong

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



## Managing Stress with Spring Forest Qigong

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

**Class ID: 35759**    **Thur, 10/23/14**    **6:30pm – 8:30pm**    **RM: P1840**

## Qi-ssage with Spring Forest Qigong

**NEW**

Qi-ssage is a technique for opening the twelve major energy channels in your body, balancing the flow of your body's energy. Like massage, Qi-ssage involves touching and physical stimulation of the body. This workshop will prepare you to use qi-ssage for yourself and others. *Participants will receive a Qi-ssage manual, DVD and audio file.* 7.2 Contact Hours, \$239

**Class ID: 35593**    **Sat, 12/6/14**    **8:30am - 4:30pm**    **RM: P1840**

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



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

## Depth of Fan Workshop

**NEW**

This workshop will review the Moving Stillness Fan form. 2.4 Contact Hours, \$29, INSTR: Linda Ebeling

**Class ID: 35181**    **Sat, 10/11/14**    **1:30pm – 3:30pm**    **RM: S2330**

**Class ID: 35182**    **Sat, 12/6/14**    **1:30pm – 3:30pm**    **RM: S2330**

## Sun Style Workshop

**NEW**

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

**Class ID: 35812**    **Sun, 10/5/14**    **9:00am – 12:00pm**    **RM: A1560**

**Class ID: 35828**    **Sun, 10/5/14**    **1:00pm – 4:00pm**    **RM: A1560**

**SAVE  
THE DATE**

**Tai Chi Open House**  
**September 6 or October 18**

*See page 22 for details*

# tai chi certificate programs



## Tai Chi Teacher Certification

The Tai Chi Certified Teacher Training Programs are designed for certified exercise instructors, tai chi practitioners, and healthcare professionals to develop or enhance wellness programs. Designed by Dr. Paul Lam, Tai Chi for Arthritis is endorsed by Arthritis Foundations worldwide. The form is designed to increase movement, while protecting damaged joints.

### Tai Chi for Arthritis – Teacher Certification 1

This twelve movement Sun Style tai chi form increases heart/lung activity, aligns posture, improves balance and integrates mind and body. No previous tai chi experience is required. *Note: An instructional DVD will be sent prior to the workshop.* 16.8 Contact Hours, \$275, INSTR: Ralph Dehner

**Class ID: 35157**

Sat, 11/15/14 & 9:00am – 5:00pm

RM: S2330

Sun, 11/16/14 9:00am – 4:00pm

RM: S2330

### Tai Chi for Arthritis – Teacher Certification 1 Update

The Tai Chi Update is required every 2 years to keep one's skills and knowledge current. 9 Contact Hours, \$95 (or \$210 for both the TCA 1 update and TCA 2), INSTR: Ralph Dehner

**Class ID: 35158**

Sat, 11/15/14

9:00am – 5:00pm

RM: S2330

### Tai Chi for Arthritis – Teacher Certification 2

Learn advanced movements and enhance instructional skills. *Note: An instructional DVD will be sent prior to the workshop.* 7.8 Contact Hours, \$145 (or \$210 for both the TCA 1 update and TCA 2), INSTR: Ralph Dehner

**Class ID: 35159**

Sun, 11/16/14

9:00am – 4:00pm

RM: S2330



## TAI CHI OPEN HOUSE

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



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

Saturday, 9/6/14

10:30 – 11:30am

RM: S2330

Saturday, 10/18/14

12:30 – 1:30pm

RM: S2330

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



# Tai Chi Classes

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

## Beginning

<b>Beg Tai Chi for Health and Arthritis</b>				
Class ID: 35142	Mon, 9/15/14 – 10/20/14	7pm – 8pm	Root	\$65
Class ID: 35143	Mon, 10/27/14 – 12/1/14	7pm – 8pm	Root	\$65
Class ID: 35140	Sat, 9/13/14 – 10/18/14	10:30am – 11:30am	Gonzales	\$65
Class ID: 35141	Sat, 10/25/14 – 12/13/14	10:30am – 11:30am	Gonzales	\$65
<b>Tai Chi for Diabetes</b>				
Class ID: 35178	Sat, 9/13/14 – 10/18/14	11:00am - 12:00pm	Root	\$65
Class ID: 35179	Sat, 10/25/14 – 12/13/14	11:00am - 12:00pm	Root	\$65
<b>Intro to Yang Style Tai Chi</b>				
Class ID: 35170	Thu, 9/11/14 – 10/16/14	7pm – 8pm	Root	\$65
Class ID: 35171	Thu, 10/23/14 – 12/4/14	7pm – 8pm	Root	\$65
Class ID: 35172	Tue, 9/9/14 – 10/14/14	10am – 11am	Root	\$65
Class ID: 35173	Tue, 10/21/14 – 12/9/14	10am – 11am	Root	\$65
<b>Intro to Tai Chi Fan</b>				
Class ID: 35175	Tue, 9/16/14 – 10/21/14	7:30pm – 8:30pm	Ebeling	\$65
Class ID: 35176	Tue, 10/28/14 – 12/9/14	7:30pm – 8:30pm	Ebeling	\$65

## Intermediate/Advanced

<b>Tai Chi for Energy</b>				
Class ID: 35530	Tue, 9/16/14 – 12/9/14	6:30pm – 7:30pm	Ebeling	\$120
<b>Tai Chi Pushing/Sensing Hands</b>				
Class ID: 35823	Sat, 9/13/14 – 12/13/14	8:00pm – 9:00pm	Root	\$120
<b>Sun Style 73 Form</b>				
Class ID: 35177	Wed, 9/17/14 – 12/10/14	7:30pm – 8:30pm	Ebeling	\$120
<b>Sun Style 97 Form</b>				
Class ID: 35168	Sat, 9/13/14 – 12/13/14	9:00am – 10:00am	Gonzales	\$120
<b>Yang Short Form</b>				
Class ID: 35166	Mon, 9/8/14 – 12/1/14	8:00pm – 9:00pm	Root	\$120
Class ID: 35167	Sat, 9/13/14 – 12/13/14	10:00am – 11:00am	Root	\$120
<b>Yang Long Form</b>				
Class ID: 35161	Sat, 9/13/14 – 12/13/14	9:00am-10:00am	Root	\$120
<b>Yang Style Saber</b>				
Class ID: 35811	Thu, 9/11/14 – 12/4/14	8:00pm – 9:00pm	Root	\$120

\* check website for specific dates and rooms

# creativity and development



## Full Moon Meditation

**NEW**

The class will explore the mystery of the influences of the moon, and its phases, from New Moon to Full Moon. We will do a Full Moon meditation, accessing the guiding forces of saints, sages, teachers, and celestial forces, who are closer and easier to experience at this time of the month. The Full Moon ritual is a cyclic and celestial way to be in harmony with the plan for humanity, and for inner peace and clarity. 2.4 Contact Hours, \$49, INSTR: Barbara Everett, MS, SD

**Class ID: 35760** Mon, 9/8/14 6:00pm – 8:00pm RM: P0842

## Your Personal Archetype

**NEW**

Empower yourself through knowledge of your personality traits: Catalyst, Torchbearer, Pathfinder or Pragmatist. The Alpha Elements Model describes temperament, types of vitality. Learn to build on your strengths in your personal and professional life by recognizing your orientation to time and energy. 3.6 Contact Hours, \$59, INSTR: Marit Solheim Witt

**Class ID: 35755** Sat, 10/11/14 9:00am - 12:00pm RM: P0844

## freeing the feminine

This three-part series for women will use expressive arts to release old stories, experience self-compassion, and reclaim feminine wisdom. From collage to crayons, stories to meditations, you will be guided into greater trust of your inner knowing. Learn to honor the wisdom in your body, and live authentically. **10.8 Contact Hours and \$129 for the series or 3.6 Contact Hours and \$49 per class, INSTR: Connie Cohen MA**

### Class 1: Clearing Shadows and Claiming Strengths

**NEW**

Learn to clear internalized judgments, and replace them with compassion and kindness.

**Class ID: 35761** Thur, 11/6/14 6:00pm – 9:00pm RM: P1838

### Class 2: Transforming Feminine Archetypes

**NEW**

Class activities will take us through the cocoon of transformation into greater trust in our inner knowing.

**Class ID: 35762** Thur, 11/13/14 6:00pm – 9:00pm RM: P1838

### Class 3: Goddess Wisdom Emerging

**NEW**

Collage and clay will be tools in this class to access our wisdom and receive gifts from deep within.

**Class ID: 35763** Thur, 11/20/14 6:00pm – 9:00pm RM: P1838

## Introduction to Psychodrama

**NEW**

Get on your feet, into your body, and out of head as you dive heart first into this playful, energizing, integrative workshop. This experiential workshop introduces students to the basic foundations of psychodrama and sociometry through organic movement, intuition, role play, and improvisation. The workshop invites you to release old patterns/conflicts, embody your authentic self and truth, and connect to your flow. 3.6 Contact Hours, \$49, INSTR: Roxanne Sadovsky, MA

**Class ID: 35757**    Thur, 9/18/14    6:00pm – 9:00pm    **RM: P0806**

## Storytelling for Health

**NEW**

Stories can be used to empower the tellers and listeners through crisis, processing, and relating. You will learn storytelling techniques to aid in empowerment of experience, and how to use stories in the healing process. Learn how to craft stories in a transformative way to help you or your clients transform health and life events. 3.6 Contact Hours, \$49, INSTR: Allison Broeren, MBA

**Class ID: 35575**    Mon, 9/22/14    6:00pm – 9:00pm    **RM: P1838**

## SoulCollage®

**NEW**

This four-part class explores the soul-tending practice of creating a unique deck of cards that will help you in your quest for inner self-discovery. Receive an overview of the SoulCollage® process and the four suits. You'll treasure each one of your cards because each one is a reflection of your multi-faceted self! No artistic experience is necessary; all you need is a willingness to go within. 9.6 Contact Hours, \$155, INSTR: Cheri Bunker, MT-ASCP

**Class ID: 35756**    Wed, 10/8/14 – 10/29/14    6:00pm – 8:00pm    **RM: P1840**

## Face Reading: Introduction to Physiognomy

**NEW**

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

**Class ID: 35135**    Sat, 11/15/14    6:30pm – 9:00pm    **RM: P1840**

## Full Voice:

**NEW**

### Unleashing the Power of Your Voice for Deeper Relationships, Purposeful Work and Joyful Aliveness

Opening the full potential in your voice brings you alive in your whole self, makes you a more congruent communicator, and offers a clearer channel for you to bring your gifts into the world. Learn and apply the Five Elements—Earth, Air, Water, Metal and Fire— voice to your everyday communication. 6 Contact Hours, \$145, INSTR: Barbara Mathis McAfee

**Class ID: 35570**    Sat, 10/25/14    10:00am – 4:00pm    **RM: P0840**

**Barbara McAfee** is a voice coach, singer/songwriter, keynoter, and author who merges lessons from 12 years in business consulting with the transformative power of sound. Her book was a #1 Amazon bestseller in Business Communication. Barbara has produced seven music CDs and is founder of the Morning Star Singers, a hospice choir in the Twin Cities.





## Self Mastery Level 1 Certificate

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

### Class 1: Unleashing the Warrior in You

Most people never have the opportunity to be trained as a Warrior. Military combat training is not 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 and shift self and reality. This training will help you to see inside, outside, and beyond the box.

**Class ID: 35767**

Wed, 10/15/14 – 11/19/14

6:00pm – 9:00pm

RM: P1844

## Awakening the Archetypes

**NEW**

Archetypes surround us, in our fiction, television, movies and stories from history. Discovering the archetypes that resonate with us, we can deliberately choose to tap into their power. This turns our life into a Hero's Journey of increased our fluidity, freedom and fun. **10.8 Contact Hours and \$129 or 3.6 Contact Hours and \$49, INSTR: Hanakia Zedek**

**Class 1: The Hero's Journey**

**Class 2: From Ordinary to Extraordinary**

**Class 3: Becoming the Master**

Wed, 11/5/14 – 11/19/14

6:00pm – 9:00pm

RM: P1844

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

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

**Class ID: 35136**

Wed, 10/8/14

6:00pm – 9:00pm

RM: P1844

“ Hanakia is great! Very high energy  
and knowledgeable – loved the class! ”



## Class 2: Expanding Awareness and Sensitivities

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

**Class ID: 35768**    Wed, 10/22/14    6:00pm – 9:00pm    RM: P1844

## Class 3: Developing Your Natural Abilities

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

**Class ID: 35769**    Wed, 10/29/14    6:00pm – 9:00pm    RM: P1844

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



# exploring numerology

**NEW**

Whether looking universally at your life purpose and desires, or specifically at your plans for the upcoming year, this numerology series will provide insights to carry you forward. **9 Contact Hours and \$129 for series or 3 Contact Hours and \$49 per class, INSTR: Susan Shopek**

## Class 1: Your Life Path Theme

Are you seeking a deeper understanding of your life path and goals? This class will uncover your Life Path number and describes the nature of your journey through life and career, and is one of the core numbers in your Numerology Profile.

**Class ID: 35780**    Tue, 11/4/14    6:00pm – 8:30pm    RM: P1838

## Class 2: Exploring Your Heart's Desire Through Numerology

Your Heart's Desire number is not always obvious to self or others. It indicates the nature of the vibration in your energy field that seeks to express more fully in your life and the outside world.

**Class ID: 35781**    Tue, 11/18/14    6:00pm – 8:30pm    RM: P1838

## Class 3: Your Personal New Year

Learn about the significance of the Personal Year and the qualities, gifts and challenges of your personal number for 2015. This fun and interactive class will give you newfound knowledge to drive and support your goals.

**Class ID: 35782**    Tue, 12/2/14    6:00pm – 8:30pm    RM: P1838

# healing arts business practices



## Turning Your Healing Skills into a Business **NEW**

Whether you want to make your passion your career, or are just curious about what it takes to have a personal practice, this series will help you decide your first steps. **7.2 Contact Hours and \$129 for the series or 2.4 Contact Hours and \$49 per class**

### **Class 1: Making a Difference and Making an Income**

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

**Class ID: 35594** Wed, 9/17/14 6:00pm – 8:00pm RM: P1840

## holistic health business strategies

Experience successful ways to tell your story, define your products and services, and make the most out of opportunities. This series will help you boost your sales, your networking opportunities, and your positioning, with creative marketing and effective referral programs specifically matched to today's world of holistic health. **7.2 Contact Hours and \$129 for the series or 2.4 Contact Hours and \$49 per class. INSTR: Deanna Reiter, MA**

### **Class 1: Creating Your Ideal Message** **NEW**

This course will help you clearly define your niche in the holistic field and teach you how to become a recognized expert in your area.

**Class ID: 35771** Wed, 11/5/14 6:00pm – 8:00pm RM: P1840

### **Class 2: Selling Your Products and Services** **NEW**

Learn effective listening, sales and marketing skills that will prove effective, easy and fun.

**Class ID: 35772** Wed, 11/12/14 6:00pm – 8:00pm RM: P1840

### **Class 3: Increasing Your Client Base and Income Flow** **NEW**

Learn how to develop products, workshops, retreats, classes and come up with creative and fun solutions to increasing your bottom line and letting your business work for you.

**Class ID: 35773** Wed, 11/19/14 6:00pm – 8:00pm RM: P1840

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

### **Class 2: Alternative Health Practice Laws and Business Models**

This course will cover the business models from free agent, contract, solo, partnership, LLC and franchise. Learn how to create safety for yourself and your clients with the Minnesota law regulating Alternative Health practice, and insurance options. INSTR: Deanna Reiter, MA

**Class ID: 35595**    Wed, 9/24/14    6:00pm – 8:00pm    RM: P2808

### **Class 3: Your Unique Value to Clients**

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

**Class ID: 35596**    Wed, 10/1/14    6:00pm – 8:00pm    RM: P1840

## **professional development**

### **Creating a Strengths Based Life: An Introductory Webinar**

**NEW**

Research shows that knowing and using your character strengths can help you increase your happiness at home and at work, improve your relationships, and achieve your life goals. This two-session online introduction includes a free VIA Me! Pathways Assessment, and an optional half hour 1-on-1 Skype consultation. 2.4 Contact Hours, \$100, INSTR: Ryan Niemiec, Psy.D.

**Class ID: 35830**    Online class – Tue, 9/16/14 & 9/23/14 2:00pm – 3:00pm

**Class ID: 35831**    Online class – Wed, 10/29/14 & 11/5/14 2:00pm – 3:00pm



### **Character Strengths at Work: Using Strengths to Engage Employees, Clients and Students**

**NEW**

Designed for counselors, coaches, managers, and consultants, this program will cover spotting strengths, using strengths in goal setting, “hot buttons,” and more. Participants will be placed in Skype groups to discuss and apply exercises in a peer environment. 8.4 Contact Hours, \$500, INSTR: Ryan Niemiec, Psy.D.

**Class ID: 35829**    Online class – Wed, 9/24/14 & 11/5/14 9:00am – 10:00am



NOTE: American Psychological Association and IFC CEUs available for Strength courses.

### **Energetic Boundaries for Helping Professionals**

**NEW**

See page 12 for details.

### **Renewing Life**

**NEW**

See front cover. Facilitator training begins Spring 2015.



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

## Refresher Course in Nursing

This course is designed for registered nurses (RN) who need a review and update of nursing skills to return to active status. Prearranged supervised clinical experience is included. Basic knowledge of computers is required. There will be ten class lectures plus 80 hours clinical. Course fee includes supply kit and background check fee. *See website for health status, security and textbook requirements.* 170 Contact Hours, \$1,360, INSTR: Leanne Meier & Evelie Bakken

**Class ID: 35147**

Sat, 9/6/2014 - 11/8/2014

8:00am – 1:00pm

RM: S2333

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

## Cosmetologists, estheticians, stylists, nail technicians and salon managers:

To ensure consistency and high levels of quality, Minnesota has added a new educational requirement for the ongoing licensure of cosmetic and personal care managers, stylists, clinicians and technicians.

**NEW REQUIREMENT** -- As of August 1, 2014, professionals who manage or provide care and services in the area of hair, skin, nail and body treatments are now required to complete a four-hour continuing education course on laws, health, sanitation and safety prior to license renewal.

### License Compliance for Cosmetology Professionals

**NEW**

This course is designed to be the most informative and engaging public health, safety, rules and laws class presented in Minnesota. It satisfies the Minnesota department of Cosmetology Continuing Education requirement for renewing your cosmetology license. You will leave with a solid grasp of rules, laws, hazard and disease recognition, prevention and control. In addition, some of the reference materials are available in Vietnamese and Spanish. 4.0 Contact hours, \$75, INSTR: Mary Reed

<b>Class ID: 37772</b>	Tue, 9/16/14	10:00am – 2:00pm	RM: P1840
<b>Class ID: 37773</b>	Tue, 10/28/14	10:00am – 2:00pm	RM: P1840
<b>Class ID: 37774</b>	Mon, 11/10/14	10:00am – 2:00pm	RM: P1840
<b>Class ID: 37775</b>	Tue, 12/9/14	10:00am – 2:00pm	RM: P1840



## 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: Jeannine Mogan

**Class ID: 35814**    Sat, 10/11/14    8:00am – 4:00pm    RM: A1570

## Healthcare Provider CPR - Renewal

This 4-hour course is a review of the skills and knowledge covered in the American Heart Association’s (AHA) CPR for the Professional Rescuer course. Skills include Adult, Child and Infant CPR. Upon successful completion of the course, an American Heart Assoc. Healthcare Provider course completion card will be issued. 4.8 Contact Hours, \$56, INSTR: Jeannine Mogan

**Class ID: 35795**    Tue, 9/23/14    5:30pm – 9:30pm    RM: A1570

**Class ID: 35796**    Sat, 11/15/14    8:00am – 12:00pm    RM: A1570

**Class ID: 35797**    Sat, 12/6/14    8:00am – 12:00pm    RM: A1570

## Emergency Medical Responder Refresher

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

**Class ID: 35813**    Sat, 11/15/14    8:00am – 4:30pm    RM: A1570  
& Sun, 11/16/14    8:00am – 4:30pm



If you are a cosmetology professional and have questions about the changing requirements, or a salon manager who would like to provide this training to your team, contact Amanda Gustafson at [amanda.gustafson@normandale.edu](mailto:amanda.gustafson@normandale.edu).

# medical career programs



## Professional Medical Coding & Billing

WIA Approved

Medical Coding and Billing Training Program is a comprehensive independent study online program designed by industry experts for individuals who would like to work in the healthcare coding and billing industry. Mastering medical terminology, documentation, confidentiality, ethics, healthcare structure, pharmacology, disease processes, diagnostic coding and healthcare reimbursement are just a few of the subjects covered. This program prepares students to sit for the CCA (AHIMA) and/or CPC (AAPC) certification exams. 678 Contact Hours, \$2,995



**Class ID: 35803** Online class – start anytime



## Medical Billing

WIA Approved

Developed by industry experts, this program includes real-world practical experience and is designed to help you gain the knowledge and skills needed to follow insurance claims all the way through to payment. You'll be prepared to work with industry-specific forms such as the CMS-1500 and UB-40. You will also gain a valuable body of knowledge to employ when working on process and health information system implementation/redesign, and healthcare payment/revenue cycle projects. This program includes access to student support, technical support, and graduate support teams throughout the training. 174 Contact Hours, \$1,995

**Class ID: 35808** Online class - start anytime



## Pharmacy Technician

WIA Approved

The Pharmacy Technician program prepares students to earn their national certification by passing the Pharmacy Technician Certification Board (PTCB) Exam. Topics studied include pharmacology, pharmaceutical calculations, and pharmacy law, regulations, and standards, among others. During the training, students will participate in an on-site externship at a local Walgreens or CVS Pharmacy. In addition to one-on-one instructor support and personalized graduate support, students receive six textbooks and a drug reference handbook. 342 Contact Hours, \$1,995

**Class ID: 35804** Online class – start anytime



### FREE Medical Career Information Sessions

Class ID: 35586	Wed, 9/17/14	RM P1844
Class ID: 35587	Thur, 10/16/14	RM P0840
Class ID: 35588	Thur, 11/6/14	RM P1844
Class ID: 35589	Thur, 12/4/14	RM P1844

All sessions are from 6:00pm - 8:00pm

To register, visit  
[normandale.edu/CE](http://normandale.edu/CE)  
or call (952) 358-8343

*Valuable textbooks are included in course fees.*

### **Medical Transcription Editor**

**WIA Approved**

Approved by the Association for Healthcare Documentation Integrity (AHDI), the Medical Transcription Editor program prepares students for medical transcription and editing careers. Topics studied include documentation, biomedical sciences, and editing theory, among others. The program emphasizes practical experience. Enrollment includes ten textbooks, a transcription foot pedal, an AHDI membership, and online reference library access. 768 Contact Hours, \$2,995

**Class ID: 35801** Online class - start anytime



### **Medical Administrative Assistant**

**WIA Approved**

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. 240 Contact Hours, \$1,995

**Class ID: 35799** Online class - start anytime



### **ICD-10 FastTrack for Medical Coder**

**WIA Approved NEW**

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

**Class ID: 35805** Online class – start anytime



## **Free Laptop, iPad, Kindle Fire or \$300 off**

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

**OR**

## **Free Kindle Fire or \$125 off**

- > Medical Billing
- > Medical Administrative Assistant

**Students who pay in full up front for the following programs are eligible for a promotional item or discount before December 31, 2014. Payment plans available, call 952-358-8343 for details.**



MN Health IT (MNHIT) training will help you become part of the rapidly growing and dynamic industry of Health IT. Learn how to effectively use and analyze the technology systems which support healthcare. Take one or two courses to meet your needs, or become certified as a Health IT professional with one of our certificates. **All classes are WIA Approved**

## Overview of Health IT

**NEW**

Understanding healthcare systems, drivers, issues and culture is critical for anyone working in health IT to provide context and insight to the work they do. This course provides an overview of healthcare and public health in the US; how services are delivered, the history of health IT, healthcare reform and professional and ethical issues. 8.75 CEU, \$195

**Class ID: 35822** Online class, 9/10/14 – 10/15/14



## Language of Health IT

**NEW**

Learn the common language and terms used in health IT, including healthcare and public health terminology and information technology. Includes a refresher on anatomy and physiology and useful tools for communicating across healthcare and IT departments to create effective communication throughout an organization. 8.75 CEU, \$195

**Class ID: 35820** Online class, 9/10/14 – 10/15/14



## Health IT Regulations Level I

**NEW**

This course provides an introduction to privacy & security, licensing, HIPAA, Meaningful Use (MU), quality, clinical decision support and patient safety. 8.75 CEU, \$195

**Class ID: 35817** Online class, 10/22/14 – 11/26/14



# Get Certified!

MNHIT Certificates prepare individuals to work with organizations on comprehensive Health IT initiatives. Visit [www.MNHealthIT.com](http://www.MNHealthIT.com), to learn more about our certificate options.

**85% of MNHIT graduates are working in HIT-related fields.**

Application Analysts Medical Software Sales Project Managers Clinical Document Control Help Desk Specialists  
Clinical Software Trainers EHR Implementation Specialists Health Systems Integration Professionals  
Practice Management and Consulting Practice Workflow Analysts Application Development Network  
Engineers Programmers Developers Data Professionals System Administrators Infomaticists AND MORE!



More classes at  
[www.MNHealthIT.com](http://www.MNHealthIT.com)

### Health Management Information Systems

**NEW**

This course provides a foundational understanding of the common hardware and software used in healthcare and will introduce students to programming languages, data structure, networking, architecture and health information exchange concepts. An explanation of the various information systems in a healthcare setting and what they are used for is also included. 8.75 CEU, \$195

Class ID: 35819      Online class, 10/22/14 – 11/26/14



### Networking & Health Information Exchange

**NEW**

Learn the content and purpose of networking components and structure. Protocols, processes and tools throughout the ISO Open Systems Interconnection layer are explained. Learn how data flows through the network and is transmitted and received by end devices. 8.75 CEU, \$195

Class ID: 35821      Online class, 9/10/14 – 10/15/14



### Health IT Workflow Analysis & Change Management

**NEW**

Understand health workflow process analysis and redesign as necessary components of complete practice automation. Process validation and change management are key concepts covered. Understand rapid prototyping, user-centered design and evaluation, usability, and the effects of new technology and workflow on downstream processes. 8.75 CEU, \$195

Class ID: 35818      Online class, 12/3/14 – 1/7/15



### Electronic Health Records Bootcamp – Lab

**NEW**

Work with simulated systems and de-identified data to gain hands-on experience using an electronic health records (EHR) system. Learn what happens “under the hood” as you play the role of various practitioners using the systems. You will experience threats to security and how to address standards, usability and errors. Gain an overview of the most popular vendor systems highlighting the similarities and differences between them. 8.75 CEU, \$255

Class ID: 35840      Online class, 12/3/14 – 1/7/15



3 out of 4

organizations plan to hire additional HIT staff in the coming year.

“I went from working my day-to-day job with no possibilities of rising much higher, to endless opportunities to learn and excel in my career.”



Jennifer Ortiz  
MNHIT Alumni  
Application Analyst II  
Park Nicollet Health Services

# Are your meetings like this? WHY NOT?



## Compression Planning<sup>®</sup>

is a visual, interactive  
planning tool that moves  
**TEAMS** and **IDEAS** to  
**ACTION** faster!

### MN Compression Planning Institute

September 24 – 26, 2014  
Normandale  
Community College

## explore languages

### American Sign Language

Learn skills for conversing in American Sign Language from basic to advanced level in a fun and non-threatening learning experience. You will also learn to apply correct facial grammar and gain an appreciation and deeper understanding of Deaf culture. These classes emphasize a non-spoken classroom to help you achieve a mastery and confidence in your skills. 1.2 CEU, \$99/each class, INSTR: Jamey Guille, MA

**Level 1: Class ID: 35581**      Wed, 10/1/14 – 11/5/14      6:00pm – 8:00pm      RM: P0806A

**Level 2: Class ID: 35582**      Wed, 11/12/14 – 12/17/14      6:00pm – 8:00pm      RM: P0806A

### Spanish for Medical Professionals

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

**Level 1: Class ID: 36946**      Online class – 10/6/14 – 10/31/14

**Level 2: Class ID: 36947**      Online class – 11/3/14 – 11/28/14

**NEW**



“I have used Compression Planning since 1986 and it is the best training I have personally attended in my entire professional career. It engages teams in ways that no other methods can do and is faster than traditional group planning.”

**Peter Hughes,**  
Marketing VP – Business Development, Mayo Clinic

Join us for three action-packed days of learning, doing, and sharing. You will learn how to generate meaningful ideas and decisions points that are prototype-able, cost-able and actionable the very next day after the institute.

**Why does CP work?** Developed as a Visual Planning System, CP transforms the concepts of creative brainstorming and storyboarding into a simple, easy process with great tools and a methodology that drives action.

**Is it complicated?** NO! That's why it is so effective. It is simple to use, engaging, scalable to small or large, tactical or strategic, and works for both creative and analytical challenges.

**Who is using CP?** Mayo Clinic, Humana Insurance, General Mills, Hilton Hotels, Habitat for Humanity, Lenscrafters and many more.

**Class ID: 37066, 2.1 CEU, \$1,995, RM: P0806**  
Questions? Email [ncal@normandale.edu](mailto:ncal@normandale.edu)

**FREE  
INFO SESSION:**

**Wed, August 27**  
6:00pm – 7:00pm • RM: P1840  
Class ID: 37765

**Presenter: Peter Hughes**  
Marketing VP – Business  
Development, Mayo Clinic

*See website for additional  
info session dates.*

## dental health professionals

Normandale offers courses for the dental hygienist and dental assistant to help keep skills sharp and to fulfill continuing education requirements. Classes include Nitrous Oxide Inhalation Analgesia, Digital Radiography and Eaglesoft Electronic Health Record System. For our course offerings or to schedule an onsite customized training, call 952-358-8343 or visit [normandale.edu/CE](http://normandale.edu/CE).

## 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.



A MEMBER OF THE MINNESOTA STATE BOARD  
OF NURSING

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

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

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

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

**FREE  
COMMUNITY EVENT**

# Fall into Wellness

9 am – 1 pm  
Saturday, September 13

Explore health and  
wellness programs.

See page 8 for details.

**Bring family and friends  
to this fun and free event**



Sponsored by  
Normandale's Integrative Health Education Center

# Learning Well on Edge Talk Radio

Bringing joy, inspiration and transformation to your life!

See pages 4 & 5 for details.



**NORMANDALE**  
COMMUNITY COLLEGE

9700 France Avenue South  
Bloomington, MN 55431-4399

Non-Profit Org.  
U.S. Postage  
**PAID**  
Permit No. 6335  
TWIN CITIES, MN

# Ayurveda Certificate

See pages 2 & 3 for details.

