

integrative & holistic
continuing health
education



normandale

winter/spring 2016

certificates • workshops • online



8

Ayurveda



10

Holistic Nutrition



12

Healing Touch



22

Yoga and Pilates



24

Tai Chi & Qigong

Business Bootcamp for Holistic Practitioners

Are you a holistic practitioner ready to start your own business or maybe just considering what it would be like to have your own business?

Join us to discover the big picture to becoming an entrepreneur as well as to work out the fine details of owning a business.

April 23, 2016

See page 23 for course details



Deanna Reiter, MA, is a Certified Breathing Coach, Reiki Practitioner and Yoga Instructor. She is the author of several books, including: *Dancing with Divinity: Positive Affirmations for Any Situation*, *The Nine Scoundrels: How to Recognize and Release Subtle Patterns of Sabotage*, *Running A to Z*, *How to Make More Money in Fitness* and *Qi Breathing: Ancient Practice for Modern Times*.

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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 \$355 for series or 3 Contact Hours and \$49 per class**

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

What are the major herbal systems of the world? How do herbalists from these various systems choose particular herbs for particular situations? You will learn about the energetic aspects of herbs (for example, herbs which are warming, cooling, drying, & moistening) and how they can impact upon different types of people and conditions. A few assessment techniques (including tongue assessment and pulse assessment) will also be briefly covered.

Part 1: ID: 46666 Wed, 3/16/16 6:30pm – 9:00pm RM: P1844

Part 2: ID: 46667 Wed, 3/23/16 6:30pm – 9:00pm RM: P1844

Class 2: The Constituents and Properties of Herbs

Discover the chemical properties of herbs. You will learn about the nutrient content of herbs as well as about various therapeutic constituents such as alkaloids, saponins, flavonoids, tannins, essential oils, organic acids, and other valuable chemicals. This class will specifically focus on macronutrients and micronutrients.

Part 1: ID: 46668 Wed, 3/30/16 6:30pm – 9:00pm RM: P1844

Part 2: ID: 46669 Wed, 4/6/16 6:30pm – 9:00pm RM: P1844

NEW Herbs for the Musculoskeletal System

Herbs can support the health of the joints, tendons, ligaments, bones (including bone density), muscles, and skin. This class will highlight these herbs and their specific applications to the 21st-century American, for whom modern-day stress has wreaked havoc, leading to a bumper crop of osteoporosis, chronic tendonitis, osteoarthritis, autoimmune forms of arthritis, acne, eczema, psoriasis, and other skin complaints. **3 Contact Hours, \$49, Matthew Alfs, MH, AHG**

ID: 46497

Wed, 5/11/16

6:30pm – 9:00pm

RM: P1844

“ The classes are wonderful, scientific, and historical, especially specifications of herbs - very engaging! ”

Class 3: Herbs for the Respiratory Systems

This class will focus on herbs that support the respiratory system, including those plants which help to relieve congestion, soothe and astringe sore and boggy mucous membranes, and expectorate excess mucus.

ID: 46670 **Wed, 4/13/16** **6:30pm – 9:00pm** **RM: P1844**

Class 4: Herbs for Liver Function & Detoxification

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

ID: 46671 **Wed, 4/20/16** **6:30pm – 9:00pm** **RM: P1844**

Class 5: Herbs for the Lymphatic and Urinary Systems

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

ID: 46672 **Wed, 4/27/16** **6:30pm – 9:00pm** **RM: P1844**

Class 6: Herbs for Women’s Reproductive Health

Herbal aids for women’s reproductive health is a complex subject that will be addressed in this class. Topics include herbs for menopausal comfort, premenstrual comfort, pregnancy and lactation; and hormonal balance, relative to concerns such as libido and polycystic ovarian syndrome.

ID: 46673 **Wed, 5/4/16** **6:30pm – 9:00pm** **RM: P1844**

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.



Wild Plant Walk: Identification for Food & Medicine

Learn to identify and appreciate basic edible and medicinal uses of wild plants and shrubs of late spring and early summer. Explore plant life in Normandale’s expansive natural setting and learn how to utilize them for food and medicine.

3 Contact Hours, \$49, Matthew Alfs, MH, AHG

ID: 46485 **Wed, 6/8/16** **5:00pm – 7:30pm** **RM: P0844**





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/\$335 for series, Cilla Whatcott, HD (RHom), CCH**

Foundations of Homeopathic Medicine

This class 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**

ID: 47671 **Sat, 2/20/16** **9:00am – 4:00pm** **RM: P1844**

Homeopathy is an evidence-based medicine that stimulates the body's own curative powers.



Cilla Whatcott, H.D., RHom, CCH is a graduate of Arizona State University, Northwestern Academy of Homeopathy and Kingdom College. She is nationally certified as a classical homeopath and author. She is the director of Worldwide Choice – an organization that trains medically licensed practitioners in homeopathic methods. She is the parent of an adopted family from around the world, and participates in international seminars, conferences and ongoing homeopathic training when she isn't busy with her private homeopathic practice in Chaska.

Normandale's integrative health and wellness courses are intended for educational purposes only and are not a replacement for any medical treatment or therapy by a physician or other licensed health care provider. Any application of course instruction or course materials is at the student's discretion, sole responsibility, and is not a substitute for licensed medical care.

Homeopathy and Upper Respiratory Infections

Otitis, bronchitis, sore throats, oh my! Is there something you can do to get off the treadmill of recurrent infections and antibiotics? Yes! 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. 3.6 Contact Hours, \$69

ID: 47843

Sat, 3/19/16

9:00am – 12:00pm

RM: P1844

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

ID: 47827

Sat, 4/16/16

9:00am – 12:00pm

RM: P1844

Homeopathic Theory and Casetaking

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: Completion of the above Homeopathy courses or instructor approval.* 4.8 Contact Hours, \$89

ID: 47837

Sat, 5/7/16

9:00am – 1:00pm

RM: P1844

Winter Warm-up for Body, Mind & Spirit

Escape the mid-winter blahs with Normandale's FREE Warm-Up for Body, Mind & Spirit Sampler.

Bring your friends and make new ones!

Attend 45 minute workshops including Yoga, Healing Touch, Ayurveda, Restorative Yoga, and Applied Kinesiology.

Check website for additional details.

FREE

Saturday, January 30

10:00am – 12:00pm

ID: 47676



Aromatherapy Foundations Certificate

This certificate course 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. 16.8 Contact Hours, \$275

ID: 49399 Fri, 4/8/16 8:30am – 4:30pm
& Sat, 4/9/16 9:00am – 4:00pm RM: P1810

Register for both **Aromatherapy Foundations Certificate** and **Advanced Aromatherapy Application Certificate** for \$495 (a savings of \$90)

“ *Jodi is an excellent instructor. Her skills, knowledge, and expertise are conveyed with an energetic presentation. She is engaging!* ”

What is Aromatherapy?

The plant-extracted, highly concentrated liquids (essential oils) have historically been selling points in beauty and cleaning products—and now research proves that when inhaled properly, they're also good medicine, says Brent Bauer, M.D., director of the Complementary and Integrative Medicine program at the Mayo Clinic.

Dozens of studies have found that essential oils can both protect your long-term health and relieve symptoms of common maladies. They can help lower stress levels, relieve pain, improve mood, and quell cravings and nausea. Essential oils have even been demonstrated in lab studies to kill flu, E. coli, and cancer cells.

– *Women'sHealth, May 2014*



Advanced Aromatherapy Application Certificate

One of the most valuable uses of essential oils is stress reduction. Most common symptoms of stress and pain include mood and sleep imbalances, increased tension and pain, or digestive issues. *Prerequisite: Aromatherapy Foundations Certificate or Instructor Approval.* **15.6 Contact Hours and \$275 for the certificate or 7.8 Contact Hours and \$155 per class**

Class 1: Aromatherapy and Stress Reduction

Learn how you can utilize the power of essential oils for soothing the nervous system, see research that clearly shows which oils can improve sleep, and reduce agitation.

ID: 47796

Sat, 4/16/16

9:00am – 4:00pm

RM: P1810

Class 2: Aromatherapy and Pain Relief

Learn the uses of essential oils to provide comfort and relief from everyday muscle tension, headaches, sprains and strains, and more. This course is taught within holistic framework and will combine simple acupressure skills with essential oils to heighten their effectiveness.

ID: 49398

Sat, 5/7/16

9:00am – 4:00pm

RM: P1810

Jodi Baglien, CA, CST, is an experienced holistic practitioner and instructor. 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.



Learning Well

on Edge Talk Radio

First Tuesday of the Month – 6 pm

February 2: Dr. Ronald Peters, Inner Health Program

March 1: Dr. Adam Perlman, Executive Director
for Duke University Integrative Medicine



Dr. Adam Perlman



Host **Elise Marquam Jahns** engages local and national thought leaders on integrative health topics. Elise is co-author of "Creating Choices" and spent 35 years with Twin Cities Public Television.

Call in at 714-364-4950 to join the conversation or listen to live/archived shows at blogtalkradio.com/edgemagazine.



INTEGRATIVE HEALTH EDUCATION CENTER
at Normandale Community College



Ayurveda Certificate

Ayurveda is a 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, Asavari Manvikar, MD (Ayurveda) RAS**

Class 1: Introduction to Ayurveda

This foundational course covers the history, science and purpose of Ayurveda including the five elements: space, air, fire, water and earth. Vital bioenergies or “The Three Doshas” will be introduced and explained as well.

ID: 46491 Tue, 3/22/16 6:00pm – 8:30pm RM: P1840

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

feng shui

Discovery Feng Shui: A Personal Journey

Ever wondered how the power of Feng Shui could change your life? You are not alone! Millions of people worldwide have experienced significant life changes through incorporating Feng Shui in their homes and businesses. Learn how simple changes in your own space can help you align with your goals. This one day feng shui workshop is designed to teach you what you must know to get your home in Feng Shui order. Through providing you a strong foundation of Feng Shui principles, you will be able to start applying these immediately to affect change in various aspects of your life. You will gain a new vision of your space to be able to maximize benefits and minimize challenges. Please bring a blueprint or scaled drawing of your home (including any attached garages) to this workshop. 6.6 Contact Hours, \$149, Carole Hyder and Lisa Janusz, MBA, WWC Master

ID: 47663 Sat, 5/14/16 9:00am – 3:00pm RM: P1844



Carole J. Hyder, MA, WWC Master, has achieved success as an international Feng Shui consultant, speaker, teacher, author and trainer since 1992. She is president and founder of the Wind & Water School of Feng Shui and is focused on corporate and medical settings, offering an alternative approach to the way people work and heal.

Class 2: Diet & Nutrition

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

ID: 46492 Tue, 3/29/16 6:00pm – 8:30pm RM: P1840

Class 3: Constitution & Wellness

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

ID: 46493 Tue, 4/5/16 6:00pm – 8:30pm RM: P1840

Class 4: Daily Routine & Harmony with Nature

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

ID: 46494 Tue, 4/12/16 6:00pm – 8:30pm RM: P1840

Class 5: Health Maintenance with Seasonal Changes

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

ID: 46495 Tue, 4/19/16 6:00pm – 8:30pm RM: P1840

Class 6: Herbs & Food for Healthy Living

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

ID: 46496 Tue, 4/26/16 6:00pm – 8:30pm RM: P1840

One World. One Breath.

WORLD TAI CHI & QIGONG DAY

Join the celebration! At 10:00am around the world, people will gather together to practice, creating a 24-hour wave of tai chi. At Normandale, we will have group practice, demonstrations, breakout sessions, and lots of fun.

FREE!



Saturday April 30, 2016

10:00am – 12:45pm

ID: 46581

RM: A1500



Holistic Nutrition Certificate

NEW

The Holistic Nutrition Certificate is designed to provide you with a working knowledge of plant-based nutrition. Gain the skills and insights needed to identify and help correct the nutritional causes of diseases. Learn to integrate the principles of holistic nutrition to enhance overall wellbeing. The book *Edible & Medicinal Wild Plants of the Midwest*, by Matthew Alfs, \$40, will be available for purchase in class. See website for course descriptions. **3 contact hours and \$49 per class or 18 contact hours and \$275 for the entire certificate, Matthew Alfs, M.H., AHG**

Class 1: Traditional Diets and the Modern-American Diet

This class will focus on the hunter-forager diets of indigenous peoples compared to the modern-American diet and federal dietary recommendations. The 7 major nutrient deficiencies of the modern-American diet will also be reviewed.

ID: 46583 Mon, 3/21/16 6:30pm – 9:00pm RM: P1844

body systems

Detoxing and Muscle Response Testing

Learn about the toxins you are exposed to every day in our environment, their affects, and how to protect yourself and 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, Shanna Miller, DC and Heidi Gilman, NCABT**

ID: 47665 Mon, 2/22/16 6:00pm – 8:30pm RM: P1844

Hormone Balance: The Thyroid and Beyond

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, Paul Ratté, ND**

ID: 47664 Tue, 3/22/16 6:00pm – 9:00pm RM: P1844

NEW Certificate in Brain Health

Gain insights into the amazing brain and explore how to support health and happiness through lifestyle choices that impact this remarkable organ. This course is ideal for healthcare professionals and nurses or anyone who wants to better understand how supporting brain health can foster health, happiness, and wellbeing. **10 Contact Hours, \$89, Cyndi Koopsen and Caroline Young**

Online class – start every month (2/10, 3/16, 4/13, 5/18)

Class 2: Macronutrients

This class will discuss the four major macronutrients--water, protein, lipids (fats, etc.), and carbohydrates.

ID: 46584 Mon, 3/28/16 6:30pm – 9:00pm RM: P1844

Class 3 & 4: Vitamins

This class will discuss individual vitamins and how they nourish the whole person. Quasi-vitamins—compounds recognized as vitamins by some nations other than the U.S.A. (vitamins B13, T, and U)—will also be covered.

Part 1: ID: 46585 Mon, 4/4/16 6:30pm – 9:00pm RM: P1844

Part 2: ID: 46586 Mon, 4/11/16 6:30pm – 9:00pm RM: P1844

Class 5: Minerals

This class will discuss individual minerals, major foods sources, supplemental forms, and optimal amounts.

ID: 46587 Mon, 4/18/16 6:30pm – 9:00pm RM: P1844

Class 6: Healing Applications of Nutrition

This class will focus on how particular foods and supplements can be utilized to support health in the face of serious challenges such as cancer, autoimmune disorders, depression, anxiety, insomnia, endocrine issues, and bone density.

ID: 46588 Mon, 4/25/16 6:30pm – 9:00pm RM: P1844

NEW Low Carbohydrate Diets: Friend or Foe?

Low carbohydrate diets have been used clinically for epilepsy for 80 years. It is now being considered as first-line therapy for weight loss, diabetes, and dementia. Following a definition and brief review of the diet, potential risks and health benefits will be considered along with modified versions including a protein-sparing modified fast (PSMF), the adrenal recovery diet (ARD), and the autoimmune paleo diet (AIP). 3.6 Contact Hours, \$49, Paul Ratté, ND

ID: 47666 Tue, 4/5/16 6:00pm – 9:00pm RM: P1844

Holistic Nutrition

When you learn to apply natural nutritional practices, you can create diet and lifestyle programs that are targeted to your specific health and wellness goals.



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)

ID: 46560 Fri, 3/4/16 8:00am – 5:00pm RM: P1840
& Sat, 3/5/16 8:00am – 4:00pm

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. Lucille Crow, RN, RM, CHT

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

ID: 46554	Sat, 2/27/16	8:00am – 4:00pm	RM: C3061
ID: 46555	Sat, 4/16/16	8:00am – 4:00pm	RM: C3061
ID: 46556	Sat, 6/10/16	8:00am – 4:00pm	RM: C3061

Reiki Energy Therapy Level 2

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

ID: 46557	Sat, 5/7/16	8:00am – 4:00pm	RM: C3061
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Therapeutic Touch is commonly used in nursing practice for a wide range of health conditions.

Healing Touch International (HTI) Level 2

Participants will have an opportunity to develop deeper assessment skills, discuss applying techniques in clinical settings, and practice the following healing techniques: One-hour Healing sequence, Spiral Meditation, Mind Clearing, Modified Mind Clearing and Back Techniques. 18 Contact Hours, \$295 (workbook included)

ID: 46561

Fri, 5/6/16
& Sat, 5/7/16

8:00am – 5:00pm
8:00am – 4:00pm

RM: P1840

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.



muscle testing

Muscle Testing Certificate

NEW

Muscle testing can be used for oneself and others to test for food and substance sensitivities, emotional imbalances and general pain relief. **7.2 Contact Hours and \$129/series or 2.4 Contact Hours and \$49/class, Melissa Dirtzu, RYC-200**

Class 1: The Art of Muscle Testing

Learn how to test 4 different muscles in order to ensure that testing can be done with most any situation. The uses of muscle testing is vast, from food sensitivities and general pain relief, to detecting specific areas of self that needs support.

ID: 47668

Thur, 3/3/16

6:00pm – 8:00pm

RM: P1840

Class 2: Food and Substance Muscle Testing

Learn and experience the basic technique and procedures for muscle testing self and others for substance specific sensitivities. Learn which foods/substances strengthen or cause stress to your body. Please bring in food, vitamins, essential oils, etc. that you'd like to test yourself and others for sensitivity.

ID: 47669

Thur, 3/10/16

6:00pm – 8:00pm

RM: P1840

Class 3: Emotional Balance and Muscle Testing

Learn how color, sound, the use of metaphors (deep spiritual questions) and gentle acupressure can relieve past or present pain and trauma and even future performance anxiety. Stress and body pain can be greatly reduced using these techniques.

ID: 47670

Thur, 3/17/16

6:00pm – 8:00pm

RM: P1840

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, \$350 per certificate if registered by 3/31/16. Repeaters can take the class for \$50, Valerie Lis**

“EFT offers great healing benefits.”
~ Deepak Chopra, MD

meditation and mindfulness

NEW The Art of Mindfulness

Mindfulness is an easy antidote to a fast paced life. Being mindful makes it easier to savor the pleasures in life as they occur. It will help you to become more fully engaged in life. Learn about eating, movement, gratitude practices and other activities as you begin to open and develop your own mindfulness practice for a healthier life. **7.2 Contact Hours, \$65, Mike Groth**

ID: 46553

Wed, 3/2/16 – 4/6/16

7:45pm – 8:45pm

RM: S2330

NEW Kriya Yoga Meditation

Learn foundational philosophy, lifestyle guidelines, and two introductory practices — a concentration technique of Paramahansa Yogananda’s Kriya Yoga tradition as well as a method for meditation on the Inner Sound. The training helps to convey thorough understanding of what meditation is from a spiritual perspective, how it works from a scientific one, and why incorporating it into daily practice is relevant for personal growth, optimal health, and enduring happiness. **6 Contact Hours, \$149, Rev. Alan Pritz**

ID: 47667

Sat, 3/19/16

10:00am – 4:00pm

RM: P1810

NEW Meridian Meditation

The Meridian Meditation will guide you as we mentally trace the energy pathways in the body, clearing blockages, enhancing relaxation, helping energy to flow and increasing your awareness of the qi channels in the body. **1.2 Contact Hours, \$15, Linda Ebeling**

ID: 49524

Tue, 5/17/16

7:30pm – 8:30pm

RM: S2330

“Love the demos
and practices –
invaluable.”

Level 1 Certificate:

In EFT Level 1, you will learn the full basic recipe of “tapping” and how to make shortcuts. Discover how to measure progress, and recognize the importance of being specific. Learn how to apply EFT to limiting beliefs, traumatic memories, physical pain and addictive cravings. 19.2 Contact Hours, \$395

ID: 47674

Sat & Sun, 4/23/16 & 4/24/16

8:00am – 4:30pm

RM: P1840

Level 2 Certificate:

In EFT Level 2, you will dive deep into working with challenging emotions and trauma. Learn to provide EFT in person and by phone and video call, for individuals, groups, adults and children. *Prerequisite: EFT Level 1 or prior approval by the instructor.* 19.2 Contact Hours, \$395

ID: 47675

Sat & Sun, 5/7/16 & 5/8/16

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.



Hypnosis as Body–Mind Medicine

Hypnosis is a collection of methods that allow therapist and patient to find the best and safest way to use the mind-body connection to bring about the medical benefits of hypnosis. Today we now refer to hypnosis under the heading of mind-body medicine. Hypnosis is safe, inexpensive, has no negative side-effects, uses no drugs, and most importantly, all hypnosis is self-hypnosis. – *Steven Gurgevich PhD*



hypnosis

Self-Hypnosis

Learn and experience self-hypnosis in class and receive instructions for practice at home to reduce stress, improve concentration, relieve insomnia, and reduce pain. 3.6 Contact Hours, \$49, Amye Scharlau

ID: 47673

Mon, 3/7/16

6:00pm – 9:00pm

RM: P1838



Energy Medicine Certificate

The **Energy Medicine Certificate** introduces the philosophies and descriptions of energy anatomy and energy healing. To earn the certificate, you must take all seven classes. However, you can also choose to enroll in individual classes. **58.8 Contact Hours and \$845 for the entire series or 8.4 Contact Hours and \$145 per class**

Class 4: Energy Anatomy: Fields

Every living being and even inanimate objects emanate energy fields. There are thousands, including earth and planetary fields; natural and human-made electromagnetic fields; and crystal matrix 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, as well as techniques showing you how to use hands-on healing to assess and clear the field, read the tenth auric field, use the healing streams of grace for release, and apply shapes and numbers for healing. **8.4 Contact Hours, \$145**

ID: 41441

Sat, 2/6/16

9:00am – 4:00pm

RM: P1838

**Classes 1-3 will be offered in Fall 2016
See website for course descriptions**

Cyndi Dale is the author of almost 20 bestselling books on healing and energy medicine, including *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*. She has studied and taught healing around in the world in countries including Belize, Costa Rica, Mexico, Greece, Russia, Venezuela, Japan, Morocco, and more.

Cyndi has been a natural intuitive since she was young, and offers these gifts to those seeking to make real and positive change. Her specialty is helping people explore their possible futures and select the one highlighting their rare and special gifts.



“ *These classes changed my life significantly. I’m so grateful.* ”

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

ID: 41442

Sat, 3/12/16

9:00am – 4:00pm

RM: P1840

Class 6: Energy Healing

This 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, as well as the two main types of healing concerns: autoimmune and trauma. 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

ID: 41443

Sat, 4/9/16

9:00am – 4:00pm

RM: P1838

Class 7: Energy Medicine: Being the Practitioner

Integrate energetic concepts, practices, and techniques, even while we deepen our skills as energy practitioners. We’ll review our basic concepts and then explore the roles of brain states, primary cell, and disease patterns, both microbial and energetic, before practicing on each other. By the end of the class you will be clear about energy protocol and your particular energetic gifts. 8.4 Contact Hours, \$145

ID: 41444

Sat, 5/14/16

9:00am – 4:00pm

RM: P1838

Advanced Energy Medicine Certificate **Your Unique Intuitive Gifts**

This class offers tailored development of your unique healing abilities, with Cyndi providing personalized insights to each participant. Also using demonstration and small group exchanges, she will make sure you understand your singular healing gifts, their best practices, means of empowering, and boundary requirements. This class is intended for graduates of the Energy Medicine Certificate program. 17.4 Contact Hours, \$365, Cyndi Dale

ID: 47672

Sat, 2/27/16 & 4/16/16

9:00am – 4:00pm

RM: P1840

Mid-course Check in call Tuesday 3/15/16 6:30pm – 8:00pm

See website for more information and prerequisites.

Personal Numerology Chart

This 3-part series will guide you through the process of your personal numerology chart. Beginning with the foundations of numerology you will discover the essential qualities of numbers. Then you will be guided through how your birthdate and name influence you, and how to match your key numbers with calendar time and other cycles. Your chart will validate your talents and challenges in your soul's journey. **9 Contact Hours and \$129 for series or 3 Contact Hours and \$49 per class, 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.

ID: 47680

Tue, 4/5/16

6:00pm – 8:30pm

RM: P0840

Healing Arts Business

Running your own business can be overwhelming if you don't have up-to-date skills to help you manage critical activities like marketing, bookkeeping or financial business planning. Normandale offers many courses to help you run a successful business so you can do what you love: healing!

- Negotiation: Get What You Want
- Compression Planning Institute
- Business Writing
- Bookkeeping Certificate
- eMarketing Essentials Certificate

See website for course details.

“ *This class validated my thoughts
and understanding of numbers.* ”

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. Your chart continues with the Heart's Desire number, based on your name. Also known as the Soul's Desire or Motivation number, in numerology your Heart's Desire represents your inner wisdom.

ID: 47681

Tue, 4/19/16

6:00pm – 8:30pm

RM: P0840

Class 3: Your Life Cycles

Discover the nature of the opportunities, challenges, and themes you will encounter during your personal cycles and phases. This interactive class will help you identify the timing in your chart and give you knowledge to help achieve your goals.

ID: 47682

Tue, 5/3/16

6:00pm – 8:30pm

RM: P0840



Business Bootcamp for Holistic Practitioners

Are you a holistic practitioner ready to start your own business or maybe just considering what it would be like to have your own business?

Join us for this business bootcamp to discover the big picture to becoming an entrepreneur as well as to work out the fine details of owning a business. This course will cover a step-by-step process on starting a business, including business types, laws, taxes, insurance, marketing, financing and business strategies. Taking the right steps now will let you concentrate on the fun part - helping improve your clients' health and wellness. 3.6 Contact Hours, \$89, Deanna Reiter

Sat, 4/23/16 • 9:00am – 12:00pm

ID: 47683 • RM: P1844



Self Mastery Certificate

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

Class 1: 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.

ID: 47677 Tue, 3/1/16 6:00pm – 9:00pm RM: P1844

NEW Einstein Methods of Energy Work

Send your conscious and subconscious minds to school, to relax and open specific door-like energy-transfer portals as you inhale and exhale. Einstein Methods combine more than 25 mind-body-spirit modalities to improve how you feel, function, heal, and relate to self and others. When energy flows freely through your energy channels, you feel, function, heal, relate superbly in life, regardless what curves you're thrown. **7.2 Contact Hours, \$149, Howard Nelson**

ID: 47684 Sat, 4/23/16 9:00am - 4:00pm RM: P1810

Introduction to Natural Health and Healing

Discover that true health means wholeness of the mind, body, and spirit. You'll start a personal health journal to evaluate your current lifestyle and observe how your behaviors can affect your health. We'll also explore naturopathy, which seeks ways for the body to heal itself. You'll find out about proper breathing techniques that enhance health, and you'll learn the value of hydrotherapy, diet, biorhythms, and fasting. We'll also examine using the power of the mind for healing the body--discussing brain function tests, visualization, and relaxation therapies. **Online class, 24 Contact Hours, \$109, Theresa Snyder**

Online class – start every month (2/10, 3/16, 4/13, 5/18)

Stress Management

Stress isn't the enemy. It is our perceptions of stress that amp our anxiety and use up all our steam. Events happen every day. How we interpret those events can set the stage for how we feel and how we react to others. Reducing stress is as easy as understanding what stress is, understanding what stress is to you, and using that knowledge to restructure your thoughts. Turn stress into a stepping stone, not a stumbling block! **16 Contact Hours, \$145, Meredith Brown**

ID: 47979 Online class – 4/4/16 – 4/29/16

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.

ID: 47678

Tue, 3/8/16

6:00pm – 9:00pm

RM: P1844

Class 3: 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.

ID: 47679

Tue, 3/15/16

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."

Create a Healthy Workplace



Are you searching for quick and easy ways to be healthier at work? Or do you need fresh, engaging health options for your employees that don't start with the words "cholesterol, blood pressure or weight-loss?"

We offer unique health and healing classes that can be delivered as presentations, workshops, brown-bag sessions or even virtually.

Contact us at **952-358-8343** for more information.



NEW Laughter Yoga: Laugh for the Health of It

Laughter really is the best medicine. We'll begin with 'smile push-ups' and end with a special sustained laughter experience that combines laughter and breathing for optimum health. In this two-hour workshop, you will experience a Laughter Yoga session, learn how to apply techniques for self-care, and then focus on practicing the skills to specific health challenges for patients, care givers and others. 2.4 Contact Hours, \$35, Sarah Routman

ID: 46589 Sat, 3/5/16 9:00am – 12:00pm RM: P1844

NEW Yoga for Your Back

This course offers simple yet powerful, therapeutic yoga practices carefully designed to alleviate pain and promote a healthy back with pain-free range of motion. You will leave with a daily practice to relax and strengthen your back, focusing on posture education, stress-reduction and stretching components. 3.6 Contact Hours, \$35, Sharon Sebring, RYT- 200

ID: 46551 Sat, 3/19/16 2:00pm – 4:00pm RM: S2330

One hour of Yoga Nidra is equivalent to 3 hours of sleep.

Yoga for Busy Lives Series

NEW

This three-part series includes gentle/moderate yoga with meditation-in-motion, yoga nidra, calming pranayama, and everything you need to continue your practice at home. **7.2 Contact Hours and \$129 for series, or 2.4 Contact Hours and \$49 per class, Sharon Hills-Bonczyk**

Class 1: Uncluttering your Life

Learn to incorporate the three pillars of health, how to un-frazzle your life and make time. It includes the power of intention, stress reduction, therapeutic yoga, breathing and nutrition. Come in comfortable clothing for gentle yoga that is relaxing and nourishing.

ID: 46590 Thu, 4/14/16 6:00pm – 8:00pm RM: P1840

Class 2: The Art of Relaxation

Gain tips, tools and resources that may be incorporated into a customized plan to retain your youthfulness, vital energy, inner peace and ease. This session focuses on sleep issues, reducing anxiety and fatigue, essential body dynamics and yoga nidra (deep relaxation and restoration).

ID: 46591 Thur, 4/21/16 6:00pm – 8:00pm RM: P1840

Class 3: Emotional Balance and Muscle Testing

You will create a customized plan that will help you feel more energized, content, balanced, strong and deeply rested. Come with commitment and a strong desire to step into the next phase of your life with increased health, purpose and joy. This session includes dincharya (daily routine), treatment for dosha imbalances, and meditation-in-motion.

ID: 46592 Thu, 4/28/16 6:00pm – 8:00pm RM: P1840

Restorative Yoga

Calm the mind and body with the ease of this quiet yoga practice focused on deep breathing and gentle postures designed to release physical tension. This combination of breath and gentle movement activates the relaxation response, calming the nervous system while relieving stress. Sleep better and feel more at ease in your body while gaining the benefits of more flexibility and balance in your life. 7.2 Contact Hours, \$65, Sharon Sebring, RYT-200

ID: 46549 Wed, 2/3/16 – 3/9/16 6:30pm – 7:30pm RM: S2330

ID: 46550 Wed, 3/16/16 – 4/20/16 6:30pm – 7:30pm RM: S2330

NEW Posture and Pilates

Change your posture, change your life! Postural alignment makes everyday activities a joy, and allows us to do things we did not think possible. You will have an individual postural analysis of the spine and joints. Find out what muscular imbalances we might have and learn corrective exercise using Pilates principles. Learn how to move correctly from your powerhouse for greater health. 3.6 Contact Hours, \$79, Nicole DePalma, MS

ID: 46547 Sat, 4/2/16 9:00am – 12:00pm RM: P1844

Yoga Nidra: The Gift of Deep Restoration and Healing

Yoga Nidra is a non-movement, guided meditation that takes you into “yogic sleep”. It is a wonderful and effective way to reduce stress and find optimal health. It boosts the immune system, reduces or eliminates anxiety and depression, treats sleep issues, and prevents and reverses numerous ailments and diseases. 2.4 Contact Hours, \$49, Sharon Hills-Bonczyk, MPH, RYT-550

ID: 46552 Thur, 5/5/16 6:00pm – 8:00pm RM: P1840

LOOK, FEEL and BE your best!

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

February 6 & 7
10 am – 5 pm
Minneapolis Convention Center



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

tai chi and qigong workshops



Silk Reeling Workshop

Learn how to enhance your tai chi by applying Silk reeling, or spiraling energy, to your forms. Silk reeling is predominately seen in Chen style and is used in Tai Chi for Energy. We will work with grounding, weight shift, moving from the Dan Tien and threading the joints together for expressing internal energy. 1.2 CEU, \$29, Linda Ebeling, CTCA, CTCD, CSTC

ID: 46578 Sat, 3/5/16 1:00pm – 2:00pm RM: A1560

ID: 46579 Tue, 5/3/16 7:30pm – 8:30pm RM: S2330

NEW Skill Builder TCA 2 Workshop

This workshop is designed for participants who are familiar with the Tai Chi for Arthritis (TCA) part 2. The focus will include the importance of the weight shifts in “leisurely tying the coat” and “repulse monkey.” 1.8 Contact Hours, \$15, Patricia Gonzales, MS, RN

ID: 49511 Sat, 2/20/16 1:00pm – 2:30pm RM: S2330

NEW Meridian Meditation Workshop

The Meridian Meditation will guide you as we mentally trace the energy pathways in the body, clearing blockages, enhancing relaxation, helping energy to flow and increasing your awareness of the qi channels in the body. The workshop will include discussion of Qi meridians. 1.2 Contact Hours, \$15, Linda Ebeling, CTCA, CTCD, CSTC

ID: 49524 Tue, 5/17/16 7:30pm – 8:30pm RM: S2330

Depth of Fan Workshop

This workshop will review the Moving Stillness Fan form, refine technique, and add depth for students who have previously learned the complete form. 2.4 Contact Hours, \$29, Linda Ebeling, CTCA, CTCD, CSTC

ID: 49523 Thur, 5/12/16 6:30pm – 8:30pm RM: S2330

NEW Tai Chi for Energy Review

This class assumes participants are familiar with the Tai Chi for Energy form by Dr. Paul Lam. Class will include qigong and silk reeling practice. 1.8 Contact Hours, \$29, Linda Ebeling, CTCA, CTCD, CSTC

ID: 46659 Sat, 3/5/16 2:00pm – 3:30pm RM: S2330

ID: 46660 Tue, 5/10/16 7:30pm – 9:00pm RM: S2330

One World. One Breath.

WORLD TAI CHI & QIGONG DAY AT NORMANDALE



See page 9 for details

Shiba Louhan Qigong Workshop

A dynamic qigong set attributed to Bodhidharma, Shiba Louhan Qigong has stretching and strengthening moves to energize the body, condition the muscles and joints, and circulate qi. This introductory workshop will focus on the first set. *Not recommended for physically challenged individuals.* 1.2 CEU, \$29, Linda Ebeling, CTCA, CTCD, CSTC

ID: 46521

Tue, 1/30/16

1:00pm – 2:00pm

RM: S2330

Radiant Lotus Qigong Workshop

Designed for women, 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. 1.8 CEU, \$29, Linda Ebeling, CTCA, CTCD, CSTC

ID: 46522

Sat, 1/30/16

2:00pm – 3:30pm

RM: S2330

5 Animal Frolics Qigong

The Tai Chi Five Animal Frolics are an ancient set of exercises based upon the movements of animals including: the Crane (balance and agility), the Bear (power), the Monkey (flexibility), the Deer (grace), and the Tiger (muscular strength). Animal Frolics can be an introduction to Tai Chi or an enhancement of your current practice. 7.2 Contact Hours, \$65, Linda Ebeling, CTCA, CTCD, CSTC

ID: 46518

Wed, 3/16/16 – 4/27/16

6:30pm – 7:30pm

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.



Qi-ssage with Spring Forest Qigong

There are a number of “healing buttons” you can press that can help release stress, relieve pain, prevent a cold, increase your energy and help you to heal faster and more completely from illness. These “healing buttons” are actually energy points from the 12 major energy channels in your body and the hundreds of energy points all over your body. Each of these points affects the balance and flow of your body's energy. However, only a couple dozen of these hundreds of energy points are vitally important in helping you heal and in helping you experience and maintain your optimal health and wellness. In Qi-ssage you learn how to stimulate these key energy points with your fingers, hands, and drawing the healing energy from the source love. You will learn to stimulate them in a specific order that will enhance the benefits. *Participants will receive a Qi-ssage manual, DVD and audio file.* 8.4 Contact Hours, \$239, Chunyi Lin, MA

ID: 46548

Sat, 5/7/16

8:30am – 4:30pm

RM: P0838

Chunyi Lin, MA, is a certified International Qigong Master and 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”



Tai Chi Teacher Certification

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



Tai Chi for Arthritis - Teacher Certification 1

This twelve movement Sun Style tai chi form was designed by Dr. Paul Lam and associates, and 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 a Tai Chi for Arthritis Instructor for 2 years. No prerequisite is required. Note: An instructional DVD will be sent prior to the workshop 16.8 Contact Hours, \$275, Linda Ebeling, CTCA, CTCD, CSTC

ID: 46525 Sat, 5/14/16 9:00am – 5:00pm RM: S2330
& Sun, 5/15/16 9:00am – 4:00pm

Linda Ebeling, CTCA, CTCD, CSTC, is a certified instructor in Yang and Sun Style Tai Chi as well as Qigong. She 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 and Radiant Lotus Qigong. She is a Senior Trainer for Tai Chi for Health and a Board Member of the Tai Chi for Health Community and was a member of the MS Wellness Professionals Task Force.

TAI CHI OPEN HOUSE

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



Come to one of our Open Houses and experience tai chi, meet instructors and learn about the many tai chi styles.

ID: 46575 Sat, 1/23/16 12:30pm – 1:30pm RM: S2330
ID: 46576 Sat, 3/5/16 12:30pm – 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 physical, mental, psychological, and spiritual balance.

Beginning	Tai Chi for Arthritis and Balance			
	ID: 46501	Mon, 1/25/16 – 3/7/16	7:00pm – 8:00pm	Root \$65
	ID: 46502	Mon, 3/14/16 – 4/18/16	7:00pm – 8:00pm	Root \$65
	ID: 46499	Sat, 1/30/16 – 3/5/16	11:00am – 12:00pm	Gonzales \$65
	ID: 46500	Sat, 3/12/16 – 4/23/16	11:00am – 12:00pm	Gonzales \$65
	5 Animal Frolics Qigong			
	ID: 46518	Wed, 3/16/16 – 4/27/16	6:30pm – 7:30pm	Ebeling \$65
	Shibashi Qigong			
	ID: 46523	Sat, 1/30/16 – 3/5/16	10:00am – 11:00am	Gonzales \$65
	ID: 46524	Sat, 3/12/16 – 4/23/16	10:00am – 11:00am	Gonzales \$65
	Shiba Louhan Qigong			
	ID: 46577	Tue, 1/26/16 – 3/8/16	6:30pm – 7:30pm	Ebeling \$65
	ID: 49468	Tue, 3/15/16 – 4/26/16	6:30pm – 7:30pm	Ebeling \$65
	Tai Chi Fan			
	ID: 46580	Tue, 1/26/16 – 4/26/16	7:30pm – 8:30pm	Ebeling \$120
	Radiant Lotus Qigong			
	ID: 46519	Wed, 2/3/16 – 3/9/16	6:30pm – 7:30pm	Ebeling \$65
Tai Chi for Fall Prevention				
ID: 46657	Thur, 2/4/16 – 3/10/16	7:00pm – 8:00pm	Root \$65	
ID: 46658	Thur, 3/17/16 – 4/21/16	7:00pm – 8:00pm	Root \$65	
Intermediate/Advanced Tai Chi	Tai Chi for Energy			
	ID: 46526	Wed, 2/3/16 – 4/27/16	7:30pm – 8:30pm	Ebeling \$120
	Tai Chi Pushing/Sensing Hands			
	ID: 46531	Sat, 1/30/16 – 4/16/16	8:00am – 9:00am	Root \$120
	Sun Style 73 Intensive			
	ID: 46661	Tue, 5/3/16 – 5/24/16	6:30pm – 7:30pm	Ebeling \$49
	Sun Style 97 Form			
	ID: 49522	Sat, 1/30/16 – 4/23/16	9:00am – 10:00am	Gonzales \$120
	Yang Style 24 Form			
	ID: 46655	Sat, 1/23/16 – 4/9/16	11:00am – 12:00pm	Root \$120
	ID: 46656	Wed, 1/27/16 – 4/13/16	6:30pm – 7:30pm	Root \$120
	Yang Style Short Form			
	ID: 46535	Sat, 1/30/16 – 4/16/16	10:00am – 11:00am	Root \$120
	ID: 46536	Mon, 1/25/16 – 4/18/16	8:00pm – 9:00pm	Root \$120
Yang Style Long Form				
ID: 46533	Sat, 1/30/16 – 4/16/16	9:00am – 10:00am	Root \$120	
Yang Style 64 Sword				
ID: 46582	Thur, 1/28/16 – 4/14/16	8:00pm – 9:00pm	Root \$120	

* check website for specific dates and rooms



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 experience. Course fee includes supply kit and background check fee. *See website for health status, security and textbook requirements.* 170 Contact Hours, \$1,360, Leanne Meier, RN, BSN

ID: 49397 Sat, 4/9/16 – 6/18/16 8:00am – 1:00pm RM: S2333

“ *The class is very good!
The information is so helpful* ”

Medical Terminology: A Word Association Approach

This course teaches medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term. Root terms are combined with prefixes and suffixes as your learning will culminate in the interpretation of several paragraphs of medical notes. 24 Contact Hours, \$109, Doug Best

Online class – start every month (2/10, 3/16, 4/13, 5/18)

Human Anatomy and Physiology

This six-week online course begins with a review of the principles of chemistry, cell anatomy and physiology. You'll also learn principles of genetics and gain an understanding of how traits are passed from one generation to the next. After we've established this foundation, we'll survey the anatomy and physiology of each of our 11 organ systems. 24 Contact Hours, \$109, Holly Trimble, MA

Online class – start every month (2/10, 3/16, 4/13, 5/18)

HIPAA Compliance

In this course, we'll demystify the compliance process. We'll focus specifically on the Administrative Simplification portion of HIPAA, starting by defining the lingo of HIPAA, ARRA/HITECH, ASCA, ACA, and the OMNIBUS rules. By the time you finish this course, you'll be confident and capable of implementing HIPAA's Administrative Simplification rules, and the laws impacting it, in your own organization. 24 Contact Hours, \$109, Lynn Gibson

Online class – start every month (2/10, 3/16, 4/13, 5/18)

“ *Fabulous class!
Best CPR class I’ve ever had.* ”

BLS for Healthcare Providers – American Heart Association

The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. Wear comfortable clothing for active participation. 9.6 Contact Hours, \$99, Jeannine Mogan, EMT, EMR

ID: 49214

Sat, 4/2/16

8:00am – 4:00pm

RM: A1570

Want a CPR or First Aid class at your work?

Off-site AHA Heartsaver® classes available for groups of 8 or more.

Call 952-358-8343 or
email ncal@normandale.edu for more information.

BLS for Healthcare Providers – Renewal

This 4-hour course is a review of the skills and knowledge covered in the American Heart Association’s (AHA) Basic Life Support (BLS) for Healthcare Providers Classroom Course. It is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. Wear comfortable clothing for active participation. Who Should Attend: Dental Assistants, Dental Hygienists, Daycare Providers, Security Personnel, Nursing Home Workers, and other Healthcare Providers. 4.8 Contact Hours, \$56, Jeannine Mogan, EMT, EMR

ID: 49198

Wed, 2/10/16

5:30pm – 9:30pm

RM: A1570

ID: 49204

Thur, 3/17/16

5:30pm – 9:30pm

RM: A1570

Trained Medication Aide (TMA) Certificate

This 48 hour course meets the state Medication Administration for Unlicensed Personnel criteria. Participants will learn how to read medication records, prepare and administer medications, assist patients with self-administration, document administration, and report to nurses and authorized persons. Upon successful completion of this course, participants will receive a Trained Medication Aide (TMA) certificate. 57.6 Contact Hours, \$500, Jean Jorlett

ID: 46211

Mon & Thur, 4/4/16 – 5/26/16 4:00pm – 7:30pm

Location: MN Masonic Home Care Center

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.

medical career programs



Professional Medical Coding & Billing

WIOA 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. Exam voucher included. 640 Contact Hours, \$3,395



ID: 46475 Online class - start anytime

Medical Billing

WIOA 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. This program includes access to student support, technical support, and graduate support teams throughout the training. 174 Contact Hours, \$1,995

ID: 46479 Online class - start anytime

Pharmacy Technician

WIOA 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

ID: 46478 Online class – start anytime

<h3>Medical Career Information Session</h3> <p>ID: 49217 • Thur, 4/7/16 • 6:00pm – 8:00pm RM P1840</p> <p>To register, visit normandale.edu/CE or call 952-358-8343</p>		FREE
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There will also be an information session from 1:30pm - 3:30pm on April 8 at the Minnesota Workforce Center.

Register at www.mn.gov/deed/hsworkshops or call 952-703-7730

Medical Transcription Editor

WIOA 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

ID: 46476 Online class - start anytime

NEW Medical Administrative Assistant with EHR

WIOA Approved

This program prepares students to earn the Certified Medical Administrative Assistant (CMAA) and Certified Electronic Health Records Specialist (CEHRS) credentials. Topics studied include ezEMRx EHR software, Microsoft Office, healthcare documentation, and office procedures. Enrollment includes e-books and exam vouchers for the two national certifications. 285 Contact Hours, \$2,595

ID: 46477 Online class - start anytime

NEW ICD-10 for ICD-9 Coders

WIOA Approved

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

ID: 46483 Online class - start anytime

Free Laptop, iPad, or Kindle Fire

For these qualifying programs:

- > Professional Medical Coding & Billing
- > Medical Transcription Editor
- > Pharmacy Technician
- > Medical Billing
- > Medical Administrative Assistant with EHR

Students who pay in full up front for the following programs are eligible for a promotional item or discount before APRIL 30, 2016. Payment plans available, call 952-358-8343 for details.



Health IT professionals are the go-to people who ensure technology is used in a way that improves patient care, quality, safety and cost-effectiveness. Normandale's MNHIT program offers high-demand, technical and leadership skills needed in this growing field.

Three ways to take advantage of MNHIT training:

1. Enroll in individual classes to meet your needs
2. Complete one or more of our mini certificates
3. Earn your professional certification in Health IT

MNHIT Level 1 Certificate

WIOA Approved

Earn the Level 1 Certificate for \$725 (a savings of \$55)

Overview of Health Information Technology (OHIT)

Gain a clear understanding of healthcare and public health systems in the US and the history and integration of Health IT into the culture of healthcare. 8.75 CEU, \$195

Language of Health Information Technology (LHIT)

Language and culture go hand-in-hand. Become fluent in the terminology, professionalism and customer service needed to navigate the world of healthcare, IT and Health IT. 8.75 CEU, \$195

Health Management Information Systems (HMIS)

Develop a strong foundation in information and computer science, and learn about the systems used to manage and support healthcare. 8.75 CEU, \$195

HIT Workflow Analysis & Change Management (WKFL)

Understand workflow process analysis and redesign in healthcare and how change management can be used to enhance user-centered design and evaluation, usability and effects on downstream processes. 8.75 CEU, \$195

MNHIT Professional Certification

WIOA Approved

Complete all three of the mini certificates (all 10 classes) and be well-prepared to sit for national certification exams such as CAHIMS, CHTS, CPEHR or CPHIT. More information about these certifications can be found on our website www.MNHealthIT.com



More details at
www.MNHealthIT.com

MNHIT Level 2 Certificate

WIOA Approved

Earn the Level 2 Certificate for \$785 (a savings of \$55)

Leadership & Teams in Health IT (LDTM)

Understand leadership roles, principles of leadership and effective management of teams. There is an emphasis on the leadership modes and styles best suited for IT deployment and changes. 8.75 CEU, \$195

Networking & Health Information Exchange (NHIE)

Health Information Exchange (HIE) organizations, networks and initiatives at the local, regional and state levels are critical for meaningful use of health IT. 8.75 CEU, \$195

Health IT Regulations I (REGI)

Gain an understanding of HIT regulations as you learn about quality improvement, public health IT, and privacy, security and Omnibus rules. 8.75 CEU, \$195

Electronic Health Records Bootcamp - Virtual Lab (EBOT)

Learn key concepts working with electronic health records (EHR) systems with hands-on experience to accelerate your learning. Develop an understanding of various EHR software vendors and learn concepts which can be applied to any system. **Recommended prereq: WKFL.* 8.75 CEU, \$255

MNHIT Level 3 Certificate

WIOA Approved

Earn the Level 3 Certificate for \$475 (a savings of \$35)

Health IT Project Management (HIPM)

Understand the project management tools and techniques necessary to create and follow a HIT project management plan. **Recommended prereq: WKFL.* 8.75 CEU, \$255

Electronic Health Records Blackbelt - Virtual Lab (EBLK)

Learn about installation and maintenance of health IT systems. Understand the essentials to selecting and configuring EHRs and working with software vendors. **Prerequisite: EBOT.* 8.75 CEU, \$255

Learning Delivery:

Classes are offered online, self-paced, and instructor facilitated.

Class Schedule:

Classes are five weeks long and start every six weeks:
1/27/16, 3/9/16,
4/20/16, 5/25/16

"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,
Sr. Applications Analyst
& Developer, HealthPartners



Integrative Healing Therapies in Health Care Settings

This course will review integrative healing therapies currently being offered in health care settings. Gain the knowledge of collaboration between integrative therapies and traditional Western medicine including aromatherapy, acupuncture, breath work, guided imagery and energy therapies. 2.4 Contact Hours, \$49, Sandra McGurran, MSW, LISW

ID: 49477 Fri, 3/18/16 8:30am – 10:30am RM: P1840

Self-Care for the Professional Caregiver

Nurturing yourself is essential to managing your own well-being. It is important to learn and implement self-care strategies to avoid compassion fatigue and burnout as professional caregivers and to strive for health and ongoing resiliency. Experience a variety of integrative healing modalities and create a wellness plan for ongoing self-care. 2.4 Contact Hours, \$49, Sandra McGurran, MSW, LISW

ID: 49478 Fri, 3/18/16 11:00am – 1:00pm RM: P1840

NEW Certificate in Integrative Mental Health

This groundbreaking certificate program addresses the dramatic shift taking place in the healthcare field as alternative, holistic, and integrative therapies are increasingly being used to treat mental health conditions. 20 Contact Hours, \$135, Cyndie Koopsen, RN, BSN, MBA and Caroline Young, MPH

Online class – start every month (2/10, 3/16, 4/13, 5/18)

FREE HEALTH IT TRAINING FOR RURAL MINNESOTA

Normandale is also a proud partner of the MENTOR Health IT program to train rural healthcare workers in health IT skills. This customized, fast-track program provides workers with a way to quickly learn new health IT skills and immediately apply them.



**Health IT Analyst
training begins February 2016**

Apply Now!

Visit website to apply: www.MNHealthIT.com/mentor.html

Individualized Training Plans • Apprenticeships • Peer Learning Communities

NEW Dementia Care

This course provides essential knowledge and understanding about neurological diseases that affect cognition and memory, and practical application of effective skills for supporting persons with dementia. Nearly all disciplines benefit from expertise in Dementia Care Specialists, as do families of persons with dementia. Come away with increased knowledge in how to care for persons with dementia. Expertise in this growing area of human services also enhances your resume. 32 Contact Hours, \$495, Pamela Atwood, MA, CDP, QDCP, CLL

ID: 47986 Online class – 2/1/16 – 3/25/16

ID: 47987 Online class – 4/4/16 – 5/27/16

Hormone Balance: The Thyroid and Beyond – See page 10

NEW Certificate in Pain Assessment and Management

Designed to enhance the knowledge and skills of health care professionals who work with patients who are in pain. By providing an educational experience that examines key issues related to pain assessment and management, this course will give you the relevant and practical information you'll need to improve your practice and provide the most effective care to your patients. 12 Contact Hours, \$209, Cyndie Koopsen, RN, BSN, MBA and Caroline Young, MPH

Online class – start every month (2/10, 3/16, 4/13, 5/18)

NEW Medical Math

Whether you're new to the field of medicine or want to enhance your skills, this course will provide a solid grounding in basic medical math from calculating dosages to using scientific formulas. Explore three different methods you can use for dosage calculations: proportions, dimensional analysis, and the formula method that you can apply to many dosage calculations. Learn how to interpret the latest medical findings for your patients, and journal articles will no longer be a mystery! 2.4 Contact Hours, \$109, Ben Sellers

Online class – start every month (2/10, 3/16, 4/13, 5/18)

Healthcare Professionals

Take advantage of cutting edge health IT curriculum designed specifically for clinicians and healthcare staff. Through a federal grant Normandale is able to provide **FREE** health IT training for healthcare professionals to accelerate the transition of healthcare to a value-based system. Training will be:

- Online (short-term)
- Interactive
- Practical and engaging



DON'T MISS this exciting and limited opportunity.

For more information or to be a part of this opportunity, visit www.MNHealthIT.com/act.html



**Be a Part of the
Healthcare Transformation**

explore languages



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, Cristina Sempé

Level 1: ID: 47845 Online class – 3/7/16 – 4/1/16

Level 1: ID: 47846 Online class – 3/7/16 – 4/1/16

Level 2: ID: 47847 Online class – 4/4/16 – 4/29/16

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, Mary Zieland

Level 1: ID: 47692 Mon, 2/22/16 – 3/28/16 6:00pm – 8:00pm RM: P1810

Level 2: ID: 47697 Mon, 4/4/16 – 5/9/16 6:00pm – 8:00pm RM: P1810

Level 3: ID: 47698 Wed, 2/24/16 – 3/30/16 6:00pm – 8:00pm RM: P1810

Level 4: ID: 47699 Wed, 4/6/16 – 5/11/16 6:00pm – 8:00pm RM: P1810



How to Register

Registration is simple for Normandale

Community College's continuing education classes. Either call us at 952-358-8343, or register online at www.normandale.edu/ce/classes.

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

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

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



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ACTION faster!

FREE INFO SESSIONS:

Tue, February 23

5:30pm – 6:30pm • RM: P1844
ID: 49506

Tue, March 29

5:30pm – 6:30pm • RM: P1844
ID: 49507

Tue, April 28

5:30pm – 6:30pm • RM: P1844
ID: 49508

See website for additional info session dates.

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May 18 - 20, 2016

Normandale

Community College

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- Ayurveda Certificate
- Herbalism Certificate
- Homeopathic Medicine Certificate
- Energy Medicine Certificate
- Reiki Energy Therapy Certification
- Healing Touch Certifications
- Tai Chi Teacher Certifications
- EFT Certificates
- Health IT Certificates
- Gerontology Certificate
- ...and many more





Winter Warm-up for Body, Mind & Spirit

Free Event

Workshops and sampler sessions include yoga, homeopathy, naturopathic medicine, healing touch, applied kinesiology, and ayurveda.

Saturday, 1/30/16
10:00am – 12:00pm
see page 3 for details



NORMANDALE
COMMUNITY COLLEGE

9700 France Avenue South
Bloomington, MN 55431-4399

Holistic Nutrition Certificate

Gain valuable working knowledge of plant-based nutrition for better health.

See pages 8 & 9 for details.