

normandale

integrative health education center

certificates • workshops • seminars
fall 2013



continuing &
integrative
health education

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



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Ayurveda



16

Light Energy Healing



25

Self Mastery



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Talent Stackers

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

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



October 19 & 20
Minneapolis Convention Center

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

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ayurveda certificate



NEW

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

Introduction to Ayurveda

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

Class ID: 30012 Tue, 10/1/13 6:00pm – 8:30pm RM: P1808

diet and nutrition

Habits of Healthy Eaters – Nutrition 101

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

Class ID: 29854 Mon, 10/28/13 6:00pm – 9:00pm RM: P0806A

Beyond Gluten: Introduction to Digestive Health

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

Class ID: 29853 Mon, 10/7/13 6:00pm – 9:00pm RM: P0806A

Dispelling the Myths of Cholesterol

NEW

This workshop will help you regulate your cholesterol. The bulk of cholesterol is made in the liver. It's part of every cell in your body. Learn the difference between 'good' cholesterol and 'bad' cholesterol. You will learn 10 simple steps to raise your good cholesterol and lower your bad cholesterol levels, as well as how to decrease your body fat. This class information is foundational knowledge about cholesterol and will deepen your understanding of the three health systems approach series. 3.6 Contact Hours, \$59, INSTR: Rhys Preston, DC

Class ID: 30358 Thur, 10/24/13 6:00pm – 9:00pm RM: P0840

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: 30013 Tue, 10/8/13 6:00pm – 8:30pm RM: P1808

Class 2: Constitution & Wellness

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

Class ID: 30014 Tue, 10/15/13 6:00pm – 8:30pm RM: P1808

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: 30015 Tue, 10/22/13 6:00pm – 8:30pm RM: P1808

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: 30016 Tue, 10/29/13 6:00pm – 8:30pm RM: P1808

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: 30017 Tue, 11/5/13 6:00pm – 8:30pm RM: P1808

Practical Applications for Heart Health

NEW

Heart Disease has been the leading cause of death in the U.S. (as well as Europe, Russia, and China) for many decades. One American dies of heart disease approximately every 30 seconds, and one from a heart attack every minute. Because of their relative longevity, more women than men die from heart disease. There are food combinations that act as the 'silent killer' to the heart and food combinations that will prevent heart disease. 3.6 Contact Hours, \$59, INSTR: Rhys Preston, DC

Class ID: 30357 Thur, 12/5/13 6:00pm – 9:00pm RM: P0840

Diets and Food Theories

NEW

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

Class ID: 30393 Wed, 11/6/13 6:00pm – 8:30pm RM: P0842

Brain and Digestive Health

NEW

Our stomach is our second brain. If we are not digesting properly then our brain is not functioning at its peak. If you wonder how to improve brain health for yourself or someone you love who struggles with anxiety, depression, learning challenges, food intolerances, dementia or Alzheimer's, this class is for you. We will discuss the latest research and tools, and you will take home a kefir starter and recipes to improve your digestion and brain health. 3 Contact Hours, \$49, INSTR: Laurie Nathe, Certified Holistic Health Coach

Class ID: 30394 Wed, 12/4/13 6:00pm – 8:30pm RM: P0840



homeopathy

Complementary Medicine Continues to Grow

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

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

Class 1: Foundations of Homeopathic Medicine

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

Class ID: 30006 Sat, 9/28/13 9:00am – 4:00pm RM: P1844



Learning Well

on Edge Talk Radio

First Tuesday of the Month – 6 pm

sponsored by

INTEGRATIVE HEALTH EDUCATION CENTER
at Normandale Community College

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

Class 2: Homeopathy and Influenza

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

Class ID: 30007 Sat, 10/12/13 9:00am – 12:00pm RM: P1844

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

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

Class ID: 30008 Sat, 11/2/13 9:00am – 12:00pm RM: P1844

Class 4: Homeopathic First Aid **NEW**

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

Class ID: 30009 Sat, 11/16/13 9:00am – 12:00pm RM: P1844

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

Maureen is a highly sought-after expert who engages local and national thought leaders in meaningful conversations to create conscious change.

Visit www.blogtalkradio.com/edgemagazine or call 714-364-4750 to listen or ask Maureen or her guest a question. Can't make it? Listen to archive of show at <http://normandale.augusoft.net>.



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

www.blogtalkradio.com/edgemagazine



Aromatherapy Foundations – Level 1 Certificate

This beginning level course in Aromatherapy teaches you the foundational information and skill set needed to begin using essential oils in safe, practical, and cost-effective ways. Course is supported by professional research and resources. After this course you will understand why Aromatherapy is the first choice in integrative care in health care settings and homes today. Essential oils are unique in that they work simultaneously on three levels of healing: therapeutically on the physical body, emotionally, and energetically – bringing healing and balance simultaneously.

Note: Oils and supplies are available for purchase in class, but not required. 15.6 Contact Hours, \$225

Class ID: 29836

Fri, 10/11/13
& Sat, 10/12/13

8:30am – 4:30pm

9:00am – 4:00pm RM: P1840

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

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

Did you know...

- In England in 2002, researchers found that applying lemon balm oil to the faces and arms of patients with severe dementia reduced their agitation by 35 percent
- At Wesleyan University of Connecticut in 2005, researchers found that the scent of lavender increased deep, restful sleep for both men and women
- A Scottish study in 1998 showed that a combination of cedarwood, lavender, rosemary, and thyme oils promoted hair growth among patients with alopecia areata, an autoimmune disorder that causes hair to fall out



Aromatherapy Applications – Level 2 Certificate Reducing Stress and Pain

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

Class ID: 29837

Fri, 11/8/13

8:30am – 4:30pm

& Sat, 11/9/13

9:00am – 4:00pm

RM: P1840

Essential Oils & Shiatsu

NEW

Do you want to experience a shift towards better balance, harmony and well-being? Then come and learn how genuine essential oils paired with key acupoints on the body produce quick, effective rebalancing on the physical, emotional and energetic bodies. This introductory class will teach you two powerful stress reducing techniques that you can use right away for overall healing, tension and stress relief. By pairing aromatherapy and shiatsu, you can profoundly enhance your well-being routine and add a new rich dimension to your holistic practice with essential oils. 3.6 Contact Hours, \$59

Class ID: 29838 Mon, 9/30/13 6:15pm – 9:15pm RM: P0806A

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



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

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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 \$290 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.

| | | | |
|--------------------------------|--------------|-----------------|-----------|
| Part 1: Class ID: 29980 | Mon, 9/23/13 | 6:30pm – 9:00pm | RM: P0840 |
| Part 2: Class ID: 29981 | Mon, 9/30/13 | 6:30pm – 9:00pm | RM: P0840 |

Class 2: The Constituents and Properties of Herbs

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

| | | | |
|--------------------------------|---------------|-----------------|-----------|
| Part 1: Class ID: 29982 | Mon, 10/7/13 | 6:30pm – 9:00pm | RM: P0840 |
| Part 2: Class ID: 29983 | Mon, 10/14/13 | 6:30pm – 9:00pm | RM: P0840 |

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

Learn how herbs influence various conditions and states of being.

| | | | |
|------------------------|---------------|-----------------|-----------|
| Class ID: 29984 | Mon, 10/21/13 | 6:30pm – 9:00pm | RM: P0840 |
|------------------------|---------------|-----------------|-----------|

Class 4: Herbs for the Immune and Endocrine Systems

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

| | | | |
|------------------------|---------------|-----------------|-----------|
| Class ID: 29985 | Mon, 10/28/13 | 6:30pm – 9:00pm | RM: P0840 |
|------------------------|---------------|-----------------|-----------|

Class 5: Herbs for Digestion and Elimination

Explore herbs that can help our digestion and elimination process.

| | | | |
|------------------------|--------------|-----------------|-----------|
| Class ID: 29993 | Mon, 11/4/13 | 6:30pm – 9:00pm | RM: P0840 |
|------------------------|--------------|-----------------|-----------|

Class 6: Herbs for Cardiovascular System

Discover herbs that support the heart and circulation.

| | | | |
|------------------------|---------------|-----------------|-----------|
| Class ID: 29994 | Mon, 11/18/13 | 6:30pm – 9:00pm | RM: P0840 |
|------------------------|---------------|-----------------|-----------|

Wild Plant Walk:

Identification for Food & Medicine

NEW

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

Class ID: 29995

Mon, 9/9/13

5:00pm – 7:30pm

RM: P0840

Holistic Health Assessment – An Herbal Perspective

NEW

Learn to assess 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 toxicity. Skills covered will include tongue, pulse, facial (physiognomy), skin, and symptom analysis as well as muscle testing and laboratory tests that can be ordered directly without the need for a physician's order. Prerequisite: Successful completion of the complete Herbalism Series. 9 Contact Hours, \$135

Class ID: 29996

Mon, 11/25/13 – 12/9/13

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. Matthew is also the director of the Midwest School of Herbal Studies. Matthew has authored numerous articles as well as books.



Wellness at Work

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

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

Normandale offers courses and programs designed to increase workplace wellness. Popular programs include stress reduction, nutrition, communication, creativity, conflict management, feng shui, yoga, tai chi, qigong and meditation.

Call **952-358-8343** to learn more about how you can bring wellness to work.



sound healing mastery certificate



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

Introduction to Sound Healing Basics

This course is a prerequisite for the Sound Healing certificate. Discover how sound healing is emerging as a highly respected and invaluable treatment method. Learn to use basic sound healing tools to clear mental, physical and emotional roadblocks. Experience an introduction to multiple sound healing tools and instruments to create a circle of healing sound. **2.4 Contact Hours, \$49**

Class ID: 29825 Fri, 9/27/13 6:00pm – 8:00pm RM: P0840

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

Class 1: The Healing Power of Sound – Foundation

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

Class ID: 29826 Sat, 9/28/13 9:00am – 4:00pm RM: P0840

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

Shamans have used drums to anchor those traveling into other dimensions, while others have used drums to call in a state of being, create a ritual, raise energy, or to release stuck or stagnant energy. Learn to use drums, movement and music to feel more grounded. **7.2 Contact Hours, \$145**

Class ID: 29827 Sun, 9/29/13 9:00am – 3:00pm RM: P0840

Class 3: Voice I – Your Soul Signature

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

Class ID: 29828 Sat, 10/12/13 9:00am – 4:00pm RM: P1842



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

See website for
Advanced Sound Healing courses

Class 4: Voice II – As a Healing Tool

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

Class ID: 29829 Sun, 10/13/13 9:00am – 3:00pm RM: P1842

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

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

Class ID: 29830 Sat, 11/16/13 9:00am – 4:00pm RM: P0840

Class 6: Sounding the Light – Color & Clarity

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

Class ID: 29831 Sun, 11/17/13 9:00am – 3:00pm RM: P0840

Class 7: Crystal and Clairaudience

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

Class ID: 29832 Sat, 12/7/13 9:00am – 4:00pm RM: P0840

Class 8: Ethics and Building a Sound Healing Practice

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

Class ID: 29833 Sun, 12/8/13 9:00am – 3:00pm RM: P0840

sound therapy

Drum It Up with HealthRhythms®

NEW

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

Class ID: 29824

Tue, 10/8/13 – 10/22/13

6:00pm – 8:00pm

RM: P0840



feng shui



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

Class 1: Discovery Feng Shui: A Personal Journey

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

Class ID: 29979 Sat, 10/26/13 9:00am – 12:00pm RM: P0840

spring forest qigong

Spring Forest Qigong is a simple and powerful form of Qigong. It was founded in 1994 by Master Chunyi Lin. He developed his program after studying and practicing Qigong and Tai Chi with some of the world's most prominent and powerful masters. Master Lin found that there are thousands of Qigong exercises practiced in China and around the world and determined that most of these techniques were too complicated and time-consuming for the average person to learn and practice easily. He also recognized that learning, understanding and acceptance are increased when the meaning or impact of each exercise and technique is explained.



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



Class 2: Attracting Wealth & Prosperity with Feng Shui

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

Class ID: 29977 Tue, 11/5/13 6:00pm – 8:00pm RM: P1840

Class 3: Feng Shui Your Wardrobe

You are MORE than your reflection in the mirror, or the roles you play in life. Come and gain a new insight into how you express yourself in the world through your clothing choices. Feng Shui is all about your environment, and what could be a more intimate, personal environment than your clothing? You will use the Five Elements of nature (water, wood, fire, earth, and metal) to help you see yourself in a new way and take control of your wardrobe. Note: You are asked to bring one piece of clothing that you love and wear frequently. 2.4 Contact Hours, \$49, INSTR: Carol Seiler

Class ID: 30011 Tue, 11/12/13 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: Dorine King, WWC Master

Class ID: 29978 Tue, 11/19/13 6:00pm – 8:00pm RM: P1840

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

Managing Stress with Spring Forest Qigong **NEW**

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

Class ID: 30392
Thur, 12/5/13 6:30pm – 8:30pm RM: P1840

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

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

Class ID: 30356
Thur, 10/17/13 6:30pm – 8:30pm RM: P1840



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

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. Practitioners and instructors are certified through an independent certification process. When you complete the entire Healing Touch Program, you may apply for certification. Healing Touch Certified Practitioners are universally recognized as having achieved a professional level of energetic therapy competence. See our website for additional information.



emotional freedom techniques

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

Emotional Freedom Techniques Basics

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

Class ID: 29808

Tue, 9/24/13

6:00pm – 8:00pm

RM: P0840

Valerie Lis, MA, EFT Expert, Practitioner & 2 EFT Universe Certified Trainer has conducted training sessions and workshops on EFT since 2002. She also teaches college students and health professionals about the field of Integrative Health and frequently presents at conferences.



Healing Touch International (HTI) Level 1

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

Class ID: 29839 Fri & Sat, 11/15/13 & 11/16/13 8:00am – 4:30pm

RM: P1840

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



EFT: Level 1, 2 & 3 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

Level 1 Certificate:

Class ID: 29802

Sat & Sun, 9/28/13 & 9/29/13 8:00am – 4:30pm RM: P0842

Level 2 Certificate:

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

Class ID: 29806

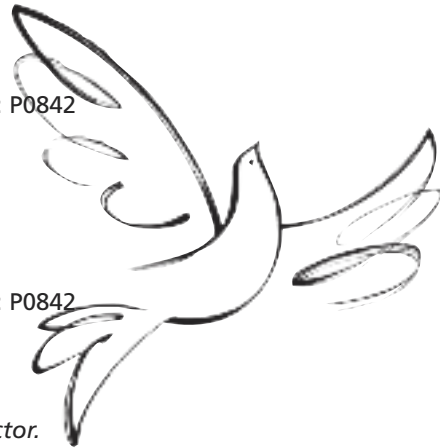
Sat & Sun, 10/12/13 & 10/13/13 8:00am – 4:30pm RM: P0842

Level 3 Certificate:

Prerequisite: EFT Level 1 & 2 or prior approval by the instructor.

Class ID: 29807

Sat & Sun, 12/7/13 & 12/8/13 8:00am – 4:30pm RM: P0842



light energy



Light Energy for Health and Healing Certificate

NEW

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

Introduction to Light and Health

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

Class ID: 30353 Sat, 10/5/13 9:00am – 12:00pm RM: P0806A

reiki energy therapy

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

Reiki Energy Therapy Level 1

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

| | | | |
|------------------------|--------------|-----------------|-----------|
| Class ID: 29841 | Sat, 10/5/13 | 8:00am – 4:00pm | RM: C3061 |
| Class ID: 29842 | Sat, 11/2/13 | 8:00am – 4:00pm | RM: C3061 |

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

Certificate Information: To earn the Light Energy for Health & Healing Certificate, you must complete all 5 Light Energy Courses. Introduction to Light and Health and Class #3, Light & Emotions and Class #4, Light & Breath will be offered in Winter/Spring 2014.

Class 1: Light and the Heart

The heart is the largest generator of electromagnetic energy in the body. In this class we study how the quantum principle of cohesion can be applied to the rhythmic energy of the heart in its role as a principal communicator and interpreter of information. You will be introduced to the circadian rhythms and the neurochemistry of the heart and how consciousness and cohesion translates the heart's energy and intelligence into health. Through guided imagery, symbols and creative techniques, you will learn to cultivate qualities that foster heart-energy such as insight, compassion, intuition and awe 3.6 Contact Hours, \$65, INSTR: Marit Solheim Witt

Class ID: 30354 Sat, 10/26/13 9:00am – 12:00pm RM: P0806A

Class 2: Light and the Mind

The brain uses light and other forms of electromagnetic energy to organize, encode, store and transmit information throughout the body. The quantum principle of "phase locking" may explain this brain-body communication. We will define key components of the mind-body connection including how our mind's sense of time relates to our body and light energy of the four seasons. We will explore chronobiology, and role of clock genes in generating rhythms of consciousness and communication. As an experiential activity, you will identify archetypical patterns of light, colors and geometry as a grammar of consciousness and explore how these relate to your mind-body faculties such as analysis, intention, and decision-making. 3.6 Contact Hours, \$65, INSTR: Marit Solheim Witt

Class ID: 30355 Sat, 11/23/13 9:00am – 12:00pm RM: P0806A



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.

Reiki Energy Therapy Level 2

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

Class ID: 29843 Sat, 12/7/13 8:00am – 4:00pm RM: C3061

energy medicine certificate



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

Class 1: The Holistic Process: What Is Energy Work

Explore the exciting fundamentals of energy, both physical (measurable) and subtle (immeasurable). Learn about the major energetic systems and how they work, 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. **8.4 Contact Hours, \$145**

Class ID: 29809 Sat, 10/26/13 9:00am – 4:00pm RM: P0842

Class 2: The Tools of the Energy Trade

What's in an energy worker's toolbox? The kit includes intuition, boundaries, ethics, intention, protection, prayer, and your own version of the Hippocratic Oath, and grace. 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. **8.4 Contact Hours, \$145**

Class ID: 29810 Sat, 11/16/13 9:00am – 4:00pm RM: P0842

creativity and personal development

Easy and Effective Astrology: Discovering Yourself through Your Natal Chart

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

Class ID: 30410 Mon, 10/21/13 6:00pm – 9:00pm RM: P1840

Exploring Your Heart's Desire Through Numerology

NEW

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

Class ID: 30359 Thur, 10/10/13 6:00pm – 8:30pm RM: P0840

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.

8.4 Contact Hours, \$145

Class ID: 29811 Sat, 12/14/13

9:00am – 4:00pm

RM: P0842

Classes 4 -7 will be offered in Winter/Spring 2014

See website for more information

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



Advanced Energy Medicine Workshop

NEW

Have you been studying healing or intuition? Are you ready to practice, practice, practice? This hands-on workshop will be conducted via demonstration and by working on the issues represented in the class. We will cover advanced insights on healing trauma, autoimmune dysfunctions, emotional and mental challenges, pain, finances, and relationship issues, by using your personal gifts to develop your own unique techniques. This is a rare opportunity to hone your special gifts while working on others. *Prerequisite: Energy Medicine Certificate (classes 1 - 7)*. 3.6 Contact Hours, \$145, INSTR: Cyndi Dale, MTAEH

Class ID: 29820 Sat, 11/9/13

9:00am – 12:00pm

RM: P0842

Self-Discovery with Enneagram

NEW

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

Class ID: 30360 Wed, 10/9/13

6:00pm – 8:00pm

RM: P1840

Class ID: 30361 Wed, 12/4/13

6:00pm – 8:00pm

RM: P1840

The Philosophy of Nothing:

Accessing the Essence of Self and Universe

NEW

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

Class ID: 29801 Wed, 10/9/13

6:00pm – 9:00pm

RM: P0840

hypnosis



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

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

Self Hypnosis – Part 1

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

Class ID: 29816 Thur, 9/26/13 6:00pm – 9:00pm RM: P1840

Self Hypnosis For Pain Control

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

Class ID: 29818 Tue, 10/15/13 & 10/22/13 6:00pm – 9:00pm RM: P1844

Mind Body Techniques for Anxiety Reduction

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

Class ID: 29819 Thur, 11/14/13 6:00pm – 9:00pm 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 dedicated to practice of self hypnosis and writing suggestions. 3.6 Contact Hours, \$49

Class ID: 29817 Thur, 10/3/13

6:00pm – 9:00pm

RM: P0840

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.



stress management

Introduction to Breathwork Staying Calm, Cool and Focused

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

Class ID: 29858

Tue, 10/1/13 6:00pm – 9:00pm

RM:

P1840

Yoga Sampler Series

See pages 28 & 29 for course descriptions.

Managing Stress with Spring Forest Qigong

See page 13 for course description.

Aromatherapy Applications – Level 2 Certificate

Reducing Stress and Pain

See page 7 for course description.



meditation and mindfulness



Joy of Living

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

The Joy of Living program contains three levels:

- Calming the Mind
- Opening the Heart
- Awakening Wisdom

Joy of Living Level I: The Practice of Mindfulness Meditation

NEW

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

Class ID: 29896 Fri & Sat, 12/13/13 & 12/14/13 9:00am – 5:00pm **RM: P1840**

Level 2 will be offered in Winter/Spring 2014

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



Scan this code with your smartphone to visit our website.

Minnesota Board of Nursing Continuing Education Requirements

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

“Tergar meditation is easier to grasp and apply than other meditation classes I’ve taken.”



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

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

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

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



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

Taoist Healing & Transformation Meditation

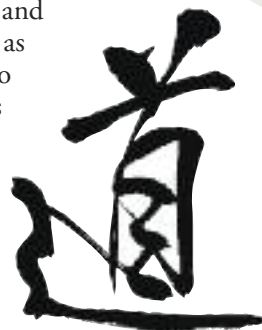
Join Certified Universal Tao Instructor Bryan D. Bertsch for an inspiring series of self-healing meditation techniques. You will learn “The Inner Smile” and “MicroCosmic Orbit,” which are part of the Universal Tao System as taught by Master Mantak Chia. These techniques teach you how to transform everyday stress into vitality and balance negative emotions with positive ones to create internal harmony. Learn how to relieve chronic pain, detoxify your system, increase your energy and enjoy better health. 3.6 Contact Hours, \$69, INSTR: Bryan Bertsch, UHT, CIM

Class ID: 29840

Tue, 11/12/13 & 11/19/13

7:00pm – 8:30pm

RM: P0840



self mastery certificate



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**

3.6 Contact Hours and \$49 per class

Class 1: Unleashing the Warrior in You

Most people never have the opportunity to be trained as a Warrior. Military combat training is not Warrior ship and neither are most martial arts and fighting styles. Warrior ship is a way of life, a constant choice, a sculpting of mind, body, heart and spirit. A path that guides people to leading a more fulfilled life, it can be fierce, defiantly on the edge, immensely rewarding, committed and powerful. Perception is not only the ability to see what is, it is also the ability to change it and shift self and reality. This training will help you to see inside, outside, and beyond the box. **3.6 Contact Hours, \$49**

Class ID: 29803 Wed, 10/16/13 6:00pm – 9:00pm RM: P0840

Class 2: Expanding Awareness and Sensitivities

Awareness is the deepest form of knowing, one of the intuitive gifts, and can provide us with a direct link to the universal silent knowledge that's rich and deeply filled with wisdom and understanding. Sensitivity is the depth of feeling, and development in this area allows you to truly see things from other perspectives more clearly. Learn how to enrich your relationships in all areas of your life. **3.6 Contact Hours, \$49**

Class ID: 29804 Wed, 10/23/13 6:00pm – 9:00pm RM: P0840

spiritual evolution

The human species has been evolving from purely physical, through levels of emotional and mental activity, to our current focus on spiritual development. This program focuses on your personal evolution into expanded consciousness, deeper purpose, and sense of connection to the whole. It starts with a deep appreciation of humanity's history and trajectory and recognition of your own place in that history. Next you will be introduced to the chakras—the seven spiritual centers of the body—and learn meditation to bring them all into harmony through focus on the third eye. Finally, your own unique path will be illuminated through an introduction to astrology and numerology. **2.4 Contact Hours and \$49 per class; 7.2 Contact Hours and \$129 for series, INSTR: Barbara Everett, MS, SD**

Class 1: Humanity's Spiritual Evolution

Expand your awareness of the many dimensions of human consciousness and the unfolding of the cosmic design for humanity.

Class ID: 30368 Thur, 10/3/13

5:30 pm – 7:30 pm

RM: P1840

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

Class 3: Developing Your Natural Abilities

Cultivate your natural abilities; those that you are born with and those that are developed throughout your life. Focusing on your strengths allows you to ride through the ups and downs of life in a more fluid manner, thriving rather than just surviving. After completing this course, you will be able to navigate the world, people and experiences with greater clarity and feel more empowered. 3.6 Contact Hours, \$49

Class ID: 29805 Wed, 10/30/13

6:00pm – 9:00pm

RM: P0840

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



Self Mastery Level 2 Certificate: Pathway's to Personal Power and Freedom

NEW

Become the master of your life. This series builds on Level 1's work by integrating and applying the awakened abilities and awareness to create a new path as master of your life. It is open to anyone who has successfully completed the Self Master Level 1 Certificate. 3.6 Contact Hours and \$49 per class; 10.8 Contact Hours and \$129 for series.

Class 1: The Hero's Journey

Class 2: From Ordinary to Extraordinary

Class 3: Becoming the Master

Wed, 11/6/13 – 11/20/13 6:00pm – 9:00pm Call 952-358-8343 to register for this certificate.

Class 2: Chakras: The Seven Spiritual Centers

Learn about the history of Ageless Wisdom, the Illuminated Chakras and more.

Class ID: 30369 Thur, 10/10/13 5:30 pm – 7:30 pm RM: P1840

Class 3: Your Unique Spiritual Evolution

You will learn your individual evolution through astrology, numerology and more.

Class ID: 30370 Thur, 10/24/13 5:30 pm – 7:30 pm RM: P1840



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



Radiant Lotus Qigong

NEW

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

Class ID: 29872

Wed, 9/11/13 - 10/16/13

6:30pm – 7:30pm

RM: A1560

Class ID: 29873

Wed, 10/23/13 - 12/04/13

6:30pm – 7:30pm

RM: A1560

No, Not Me! Personal Safety and Self-Defense

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

Class ID: 29844

Thur, 10/10/13

5:30pm – 8:30pm

RM: P0806

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

holistic care

Naturopathic Medicine

NEW

Naturopathic medicine is a system of medicine that focuses on prevention and the use of non-toxic, natural therapies to empower an individual to achieve optimal health. In this tradition, health is much more than the absence of disease; it is the vitality that comes from a feeling of wellness. Learn basic naturopathic strategies to improve digestion, detoxification, and the stress response. 3.6 Contact Hours, \$49, INSTR: Paul Ratté, ND

Class ID: 29834

Tue, 11/12/13

6:00pm – 9:00pm

RM: P0842

Three-Systems Approach to Health

This series will enable you to gain a thorough understanding of your interactive system of hormones. Gain practical applications and tools to implement immediately. **10.8 Contact Hours, \$159 for series**

Adrenal Fatigue: Stress, Survival, Symptoms and Healing

NEW

Adrenal fatigue occurs when the amount of stress over extends the capacity of the body (mediated by the adrenals) to compensate and recover from that stress. Once this capacity to cope and recover is exceeded, some form of adrenal fatigue occurs. Learn more about adrenal fatigue, signs and symptoms, coping with stress and solutions to healing. **3.6 Contact Hours, \$59**

Class ID: 29850 Thur, 11/7/13

6:00pm – 9:00pm

RM: P0840

Balancing Female Hormones Naturally

NEW

Confused about female hormones? Suffer from symptoms like hot flashes, insomnia, sweet and carb cravings, weight gain? Learn the tools to prevent and manage these symptoms. Your energy levels will improve and the fat will melt off. **3.6 Contact Hours, \$59**

Class ID: 29851 Thur, 11/14/13

6:00pm – 9:00pm

RM: P0840

The Natural Path to Thyroid Health

NEW

The thyroid gland controls the rate at which the body produces energy from food and therefore has a primary effect on overall energy levels. It regulates digestion, oxygen consumption, and mobilization of fat from storage. Learn why thyroid issues are difficult to treat, ultimately leading to sluggishness, weight gain, and accelerated aging. **3.6 Contact Hours, \$59**

Class ID: 29852 Thur, 11/21/13

6:00pm – 9:00pm

RM: P0840



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

Holistic Techniques for Pain Management

NEW

Experience a variety of holistic techniques and methods for pain management including guided imagery, breathwork, hand mudras, aromatherapy, acupressure, reflexology, and Emotional Freedom Techniques (EFT). Recommended for anyone who desires to use these simple tools in private practice or at hospitals, clinics, and long-term care facilities and also to resolve individual chronic pain. This course offers you an opportunity to sample healing options that you may not be already familiar with using. **4.8 Contact Hours, \$65, INSTR: Valerie Lis MA, EFT Expert**

Class ID: 30409

Sat, 11/9/13

9:00am – 1:00pm

RM: P0840



yoga sampler series



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

Class 1: The Eight-Limbed Path of Yoga

NEW

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

Class ID: 29846 Thur, 10/3/13 6:00pm – 8:00pm RM: P0806

Class 2: Pranayama and Yoga Nidra

NEW

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

Class ID: 29847 Thur, 10/24/13 6:00pm – 8:00pm RM: P0806

tai chi certificate programs

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

Tai Chi for Arthritis – Teacher Certification 1

This course is endorsed by many arthritis foundations worldwide. The certification is “Tai Chi for Arthritis”. *Note: An instructional DVD will be sent prior to the workshop.* **16.8 Contact Hours, \$240, INSTR: Jim Starshak, Keith Root, Linda Ebeling**

Class ID: 30003 Sat, 11/16/13 8:30am – 4:30pm RM: S2330
& Sun, 11/17/13 8:30am – 3:30pm

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

Class 3: Mudras, Mantras, and Meditation

NEW

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

Class ID: 29848

Thur, 11/14/13

6:00pm – 8:00pm

RM: P0806

Class 4: Bhakti Yoga of Devotion

NEW

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

Class ID: 29849

Thur, 12/5/13

6:00pm – 8:00pm

RM: P0806

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



Tai Chi for Arthritis – Teacher Certification 1 Update

The Tai Chi Update is required every 2 years to keep one's skills and knowledge current. Time will be spent reviewing the 12 Tai Chi for Arthritis movements and reviewing instructional training and theory. *Prerequisites: Tai Chi for Arthritis – Teacher Certification 1 or 2.* 9 Contact Hours, \$85 (or \$175 for both the TCA 1 update and TCA 2), INSTR: Jim Starshak, Keith Root, Linda Ebeling

Class ID: 30004

Sat, 11/16/13

8:30am – 4:30pm

RM: S2330

Tai Chi for Arthritis – Teacher Certification 2

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

Class ID: 30005

Sun, 11/17/13

8:30am – 3:30pm

RM: S2330





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

Tai Chi Energy Workshop

NEW

This course combines two contrasting tai chi styles, Chen and Sun, into a fun and easy routine. Using the fast and slow movements and powerful spiral force of Chen combined with Sun Style's unique qigong and agile footwork, Dr. Paul Lam has put together 16 forms which complement each other and build internal energy. 2.4 Contact Hours, \$29, INSTR: Linda Ebeling

Class ID: 29998 Sat, 9/21/13 1:30pm – 3:30pm RM: S2330

Beginning Tai Chi for Health and Arthritis Open House

See page 31 for details

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, 7.2 Contact Hours and \$75 for both. INSTR: Keith Root & Linda Ebeling

Class ID: 30000 Sat, 10/26/13 8:30am – 11:30am RM: A1560

Class ID: 30001 Sat, 10/26/13 1:00pm – 4:00pm RM: A1560

Tai Chi Shibashi Level 1 Workshop

NEW

Shibashi is an easy to learn qigong set based on the movements of Yang style Tai Chi. The gentle, flowing movements improve health and energy while reducing stress. In this workshop you will not only learn the movements, but also how the principles of Traditional Chinese Medicine are used in the set. This class is open to all experience levels. 2.4 Contact Hours, \$20, INSTR: Linda Ebeling

Class ID: 30002 Sat, 12/7/13 1:30pm – 3:30pm RM: S2330

Tai Chi Pushing/Sensing Hands Workshop

NEW

Sense/push hands training uses various patterns and partner exercises to develop sensitivity to an incoming force. Learn to apply Tai Chi principles to maintain your equilibrium. Sensing hands exercises develop mobility and sharpen your ability to anticipate your partner's intent. 2.4 Contact Hours, \$20, INSTR: Keith Root

Class ID: 29877 Sat, 10/19/13 2:00pm – 4:00pm RM: A1560

Class ID: 29878 Sat, 12/7/13 2:00pm – 4:00pm RM: A1560

OPEN HOUSE

Beginning Tai Chi for Health & Arthritis

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

Saturday, 9/7/13 10:30 – 11:30am
 Saturday, 10/19/13 12:00 – 1:00pm
 RM: S2330

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

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

TAI CHI COURSES

Beginning Tai Chi

| ABC's of Tai Chi | Time | Instructor | Fee |
|---|-------------------|------------|-------|
| Class ID: 29866 Thur, 9/12/13 – 10/17/13 | 7:00pm – 8:00pm | Root | \$59 |
| Class ID: 29867 Thur, 10/24/13 – 12/12/13 | 7:00pm – 8:00pm | Root | \$59 |
| Beg Tai Chi for Health and Arthritis | | | |
| Class ID: 29870 Mon, 9/9/13 – 10/14/13 | 7:00pm – 8:00pm | Root | \$59 |
| Class ID: 29871 Mon, 10/21/13 – 12/2/13 | 7:00pm – 8:00pm | Root | \$59 |
| Class ID: 29868 Sat, 9/14/13 – 10/19/13 | 10:30am – 11:30am | Gonzales | \$59 |
| Class ID: 29869 Sat, 10/26/13 -12/14/13 | 10:30am – 11:30am | Gonzales | \$59 |
| Tai Chi 5 Animal Frolics | | | |
| Class ID: 29874 Sat, 11/9/13 | 1:30pm – 3:30pm | Ebeling | \$20 |
| Radiant Lotus Qigong | | | |
| Class ID: 29872 Wed, 9/11/13 – 10/16/13 | 6:30pm – 7:30pm | Ebeling | \$59 |
| Class ID: 29873 Wed, 10/23/13 – 12/4/13 | 6:30pm – 7:30pm | Ebeling | \$59 |
| Tai Chi Fan | | | |
| Class ID: 29875 Wed, 9/11/13 – 12/4/13 | 7:30pm – 8:30pm | Ebeling | \$120 |

Intermediate/Advanced Tai Chi

| Tai Chi Pushing/Sensing Hands | | | |
|--|-------------------|----------|-------|
| Class ID: 29876 Thur, 9/12/13 – 12/12/13 | 8:00pm – 9:00pm | Root | \$120 |
| Sun Style 97 Form | | | |
| Class ID: 29997 Sat, 9/14/13 – 12/14/13 | 9:00am – 10:00am | Gonzales | \$120 |
| Yang Short Form | | | |
| Class ID: 29880 Mon, 9/9/13-12/2/13 | 8:00pm – 9:00pm | Root | \$120 |
| Class ID: 29881 Sat, 9/14/13 – 12/14/13 | 10:30am – 11:30am | Root | \$120 |
| Yang Long Form | | | |
| Class ID: 29879 Sat, 9/14/13 – 12/14/13 | 8:30am – 10:00am | Root | \$150 |

* check website for specific dates and rooms

healthcare and medical



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

Refresher Course in Nursing

This course is designed for registered nurses (RN) who need a review and update of nursing skills to return to active status. Prearranged supervised clinical experience is included. Basic knowledge of computers is required. There will be ten class lectures plus 80 hours clinical. Clinicals will be in a sub-acute setting, typically during weekday hours. These will be scheduled one week prior to class start date. *See website for health status, security and textbook requirements.* 170 Contact Hours, \$990, INSTR: Debra Condon, MSN, RN

Class ID: 30391

Sat, 9/21/13 - 11/23/13

8:00am – 1:00pm

RM: S2333

Attention Nurses: The MN Board of Nursing now requires a refresher course if you have not actively practiced nursing for over 5 years.

Medical Administrative Assistant

WIA Approved

The Medical Administrative Assistant online training program helps students gain specialized skills and knowledge. Students learn how to effectively manage front desk reception, patient scheduling, insurance and billing, practice finances, and more. Upon graduation, students will be prepared to enter the workforce and pass the Certified Medical Administrative Assistant exam (CMAA) offered by the National Healthcareer Association. The online learning platform provides 24/7 access to the curriculum and interactive learning tools. Students have access to all the necessary curriculum and materials, integrated software, IT help desk, personalized student support and career guidance to complete the program, prepare for the CMAA exam and transition to employment. 240 Contact Hours, \$1,475

Class ID: 30413 Online class - start anytime



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

**Dental
Health
Professionals**

Healthcare Provider CPR - American Heart Association

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

Class ID: 29882 Sat, 11/2/13 8:00am – 4:00pm RM: A1570

Healthcare Provider CPR - Renewal

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

Class ID: 29975 Sat, 9/28/13 8:00am – 12:00pm RM: A1570

Class ID: 29893 Sat, 10/12/13 8:00am – 12:00pm RM: A1570

Class ID: 29894 Sat, 11/16/13 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: Bob Hansen, MA, EMT, RTPS

Class ID: 29892 Sat & Sun, 9/28/13 & 9/29/13 8:00am – 4:30pm RM: A1570

pharmacy

Pharmacy Technician

WIA Approved

The Pharmacy Technician training program is designed to help students gain the knowledge and skills necessary to work as pharmacy technicians and prepare to sit for the PTCB national certification exam. Pharmacy technicians work in retail, hospital, and clinic pharmacies.

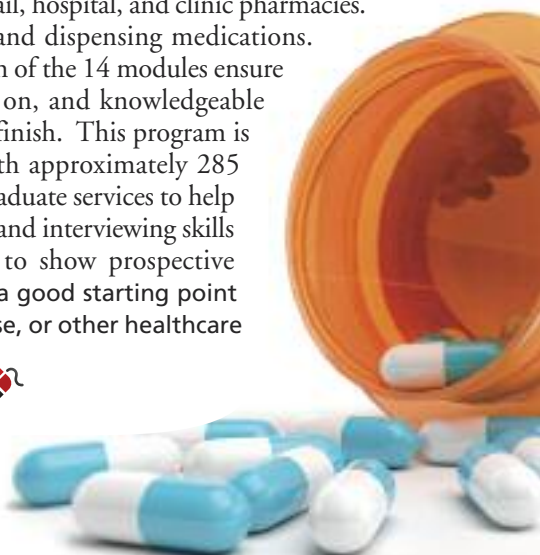
They assist pharmacists in formulating, labeling, and dispensing medications.

Numerous exercises and assessments throughout each of the 14 modules ensure that students master each concept before moving on, and knowledgeable student support advisors are available from start to finish. This program is designed to be completed in 6 months or less, with approximately 285 hours of instruction. Program provides career and graduate services to help you identify job opportunities, develop your resume and interviewing skills and perhaps obtain a letter of recommendation to show prospective employers. The pharmacy technician profession is a good starting point for those interested in becoming a pharmacist, nurse, or other healthcare professional. 285 Contact Hours, \$1,975

Class ID: 30415 Online class - start anytime



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



medical coding/billing & transcription



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

Professional Medical Coding & Billing

WIA Approved

The Professional Medical Coding and Billing Training Program is a comprehensive independent study online program designed by industry experts for individuals who would like to work in the healthcare coding and billing industry. Mastering medical terminology, documentation, confidentiality, ethics, healthcare structure, pharmacology, disease processes, diagnostic coding and healthcare reimbursement are just a few of the subjects covered. This program prepares students to sit for the CCA (AHIMA) and/or CPC (AAPC) certification exams. 565 Contact Hours, \$2,650

Class ID: 30412 Online class – start anytime



Medical Billing

WIA Approved

Developed by industry experts, this program includes real-world practical experience and is designed to help you gain the knowledge and skills needed to follow insurance claims all the way through to payment, prepare you to work with industry specific forms, such as CMS-1500 and UB-40 forms and begin work immediately upon completion. It is also a valuable body of knowledge to understand when working with process and health information system implementation/redesign and healthcare payment/revenue cycle projects. This program includes access to student support, technical support, and graduate support teams throughout the training. 145 Contact Hours, \$1,350

Class ID: 30416 Online class - start anytime



explore languages

American Sign Language

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

American Sign Language 1

Class ID: 29889 Wed, 9/25/2013 - 10/30/2013 6:00pm – 8:00pm RM: P1810

American Sign Language 2

Class ID: 29890 Wed, 11/6/2013 - 12/11/2013 6:00pm – 8:00pm RM: P1810

American Sign Language 3 & 4 will be offered in Winter/Spring 2014

Spanish for Medical Professionals

NEW

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

Class ID: 30408 Online class – 10/7/13 – 11/1/13



Medical Transcription

WIA Approved

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

Class ID: 30414

Online class - start anytime



Medical Transcription Editor

WIA Approved

The Medical Transcription Editor online program will focus on editing and formatting physician-dictated medical records, fixing grammatical errors and improving content in an efficient and accurate manner. The program also emphasizes practical experience, and by completion, you will have transcribed hundreds of authentic dictations, preparing for a quick and successful transition to the workplace. 640 Contact Hours, \$2,675

Class ID: 30420

Online class - start anytime



Free Laptop/Kindle Fire!

When enrolling in specified programs before October 31, 2013.

Free Medical Career Information Sessions – September 25

1:30pm – 3:00pm RM: P1840 or 6:00pm – 8:00pm RM: P1840

professional development

Interprofessional Communication in Healthcare

NEW

Interprofessional teams allow for healthcare practitioners to discover side-by-side approaches to care delivery and improve health outcomes through patient-centered care. This course will help you understand the benefits and obstacles of interprofessional communication, provide strategies and tools to develop and implement effective interprofessional communication and information exchange for you and your team. 2.5 Contact Hours, \$59, INSTR: Staci Thommes, RDH

Class ID: 31729

Mon, 12/2/13

6:00pm – 8:30pm

RM: P1840

Energetic Boundaries for Caring Professionals

If you feel drained, stressed or upset after interacting with clients or difficult co-workers it could be that your energetic boundaries are weak and you may be taking on someone else's "stuff." Learn how to set up and maintain energy boundaries with clients and coworkers. This course is designed for health care practitioners, nurses, teachers, social workers, therapists, caregivers, massage therapists, and holistic practitioners. 2.4 Contact Hours, \$49, INSTR: Kay Grace, CAEH, CSH

Class ID: 29895

Tue, 10/8/13

7:00pm-9:00pm

RM: P0806

Making Dentistry Whole: Integrating the Best of Eastern and Western Philosophy

Learn about holistic dentistry versus conventional dentistry, holistic treatment plans and what role energetic meridians play in dental health. You will learn how to ask for more holistic dentistry from a conventional dentist. Topics include mercury fillings, root canals, fluoride and bone cavitations and detoxification options for symptoms related to dental work. 3.6 Contact Hours, \$59, INSTR: Bette Jo Arnett, MA

Class ID: 29891

Tue, 10/1/13

6:00pm – 9:00pm

RM: P0840



Talent Stackers in Healthcare

New descriptors of today's professionals are popping up everywhere — multitalented, transliterate, cross-professionals, talent stackers. Employers are seeking individuals with deep knowledge or experience in one area while being able to “speak the language” of other disciplines. Individuals who can crosspollinate their skills and knowledge are in high demand.

Stackable Opportunities

A key example is in the field of Health Information Technology, (Health IT). Health IT is a hybrid field, combining the knowledge of healthcare and information technology. It offers great opportunities for people currently working in either medical or IT fields to cross-train and advance in their careers.

In 2010, Normandale received an \$800,000 grant from the U.S. Department of Health and Human Services to develop a Health IT training program. In Normandale's cross-training program, individuals with traditional backgrounds in healthcare gain stackable skills in areas like workflow, quality and IT. At the same time, IT, quality and administrative professionals build their skills and credentials in the world of patient care. The program is delivered online and provides relevant practicum to boost confidence and skills.



Health Information Technology

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

Upgrade your career in just 6 months!

Over 450 Health IT professionals have been successfully trained through the program. Graduates are working for companies like HealthPartners, the Minnesota Department of Health, Park Nicollet, United Healthcare, Blue Cross Blue Shield, and Prime Therapeutics.

Successful Talent Stackers

Alicia Nesvacil was part of the first HIT cohort of learners in 2010. Nesvacil has worked at HealthPartners since 2004, and when she saw the opportunity to take the program, she took advantage of it.

Nesvacil is currently a business analyst for HealthPartners. After completing the HIT training, she spread the word to others in HealthPartners about the benefits of the program.

“As one of the first students from HealthPartners to be in the HIT Program, I was able to serve as a subject matter expert of the program and encouraged those who wanted to advance their knowledge in Health Information Technology to take it,” said Nesvacil. “Since going through the program, my assignments have been more enterprise-level in terms of incorporating both IT and operational areas. The foundation of knowledge I gained in the program played a big role in that step.”

Jennifer Ortiz originally came to Normandale to get an associate’s degree in computer technology. She had been working at Park Nicollet for 11 years prior to signing up for the program. As a single mom with three kids, her time was in short supply. Ortiz heard about the program in the fall of 2011, and was encouraged by a coworker to do it.

“As soon as I finished the program (in May 2012), I received an email from one of my networking contacts in IT indicating that he had received a promotion and thought I would be great for his old position,” said Ortiz. “I applied and was hired as an Application Analyst I on June 10, 2012. 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. In January 2013, I was promoted to an Application Analyst II, and I continued to learn and grow in my career every day.”

To learn more about the HIT program, attend an information session on August 28. Visit www.MNHealthIT.com for more information or to register.

Normandale’s MN Health IT program has helped over 450 professionals reach their Health IT goals.



Jennifer Ortiz

Article written by
Steven Geller

Photography by
Katie Heymer



“I’m a healthcare data analyst at HCMC. I want to thank the MN Health IT program because I believe this was a great program and I’m using the skills I acquired every day at my new job.”

– Tatyana Leyderman,
Healthcare Data Analyst at HCMC

Apply Now! Program starts September 23rd



For more information about Normandale’s MNHIT program, visit:

www.MNHealthIT.com

100%
online



6 month



workforce
training
program

Sound Healing Mastery Certificate

September 27 - December 8

Learn the art and science of Sound Healing as well as gain practice with the tools – Tibetan bowls, tuning forks, crystals, drums, color, sacred geometry, music, movement and your own voice. Sound healing has been around for thousands of years and is quickly becoming a commonly practiced health and healing tool.

See pages 10 & 11 for details

Spring Forest Qigong

See page 12 & 13 for details.

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



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