



fall 2011



normandale

continuing health education /
integrative health education

courses • workshops • seminars • events

medical care
practitioner feng shui tai chi reiki nursing certification dental herbalism spring forest qigong ene
healthcare and wellness healthcare IT american sign language sound health system cpr person
feng shui body work stress reduction homeopathy nursing refresher herbalism spanish sound
acupressure aromatherapy spring forest qigong spanish chakras massage depression and an
personal discovery sound health system tai chi personal training workplace wellness energy wo
optional freedom techniques spiritual wellness yoga nutrition and diet home health aide feng
stress management photo reading intuition cultural competence medical careers ayurvedic med

Are you ready to rewrite your "money plan" so it reflects the richness—body, mind, and soul—you long for?

Your Abundance Mindset: Cultivating a Richer Life

Learn as two energy experts define the symbolic importance of money in your life through their amazing EnRichment™ process. Best-selling authors and nationally recognized experts Cyndi Dale and Carole Hyder will help you see if there are blocks that keep you from accepting physical and spiritual blessings. We'll plunge the depths to unearth ways you or others might be sabotaging your deserved abundance and then help you construct an energetic and practical plan for creating financial flow. **4.8 Contact Hours, \$99**



Presenters: Carole Hyder & Cyndi Dale

Saturday, October 29, 2011

8:30am – 12:30pm

(Doors open at 8:00am)

RM: A2564/A2566



Tuition includes the EnRichment™ Workbook – tips and techniques to help continue your manifesting process, and EnRichment™ Webinar – an opportunity for you to continue building your abundance blueprint at 6:00 p.m. Monday, November 7, 2011.



Sponsored by
Normandale's Integrative Health Education Center

Learning Well

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



Carolyn
Vinup

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

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

See our website for dates, times and links to the show.

Listen to our first broadcast on **September 6th from 6 - 7pm.**



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health information technology



Normandale is the recipient of a federal training grant to train 300 individuals as Health Information Technology Professionals to support the federally mandated implementation and adoption of electronic health record systems for individuals and healthcare providers. The training curriculum has been developed by five prestigious universities including Johns Hopkins, Duke University and Columbia University and is 100% online.

Health Information Technology (HIT) National Training Program

This groundbreaking health IT program is designed to give you the knowledge, skills and critical thinking to work as an HIT professional within healthcare, IT, insurance, pharmacy, medical device, allied health and other related industries that utilize health information systems for electronic medical records and health information exchange. The training has been developed with local and regional industry experts to ensure relevancy to the workplace. This 6-month program is ideal for individuals with previous healthcare, HIM, information technology, or quality/process improvement education and work experience. The program comes complete with career support training and resources. All training is facilitated in an online learning environment. **630 Contact Hours, \$2,000**

Financial stipends may be available upon application review and acceptance into the program. The training will begin early October. There are limited seats available in the program. Applicants will be accepted based on required qualifications and date of application submission.

Visit www.mnhealthit.com for more info.



pharmacy technician

Pharmacy Technician

The Pharmacy Technician training program is designed to help students gain the knowledge and skills necessary to work as pharmacy technicians and prepare to sit for the PTCB national certification exam. Pharmacy technicians work in retail, hospital, and clinic pharmacies. They assist pharmacists in formulating, labeling, and dispensing medications. Numerous exercises and assessments throughout each of the 14 modules ensure that students master each concept before moving on, and knowledgeable student support advisors are available from program start to finish. This program is designed to be completed in 6 months or less, with approximately 285 hours of instruction. You will also have access to career and graduate services to help you identify job opportunities, develop your resume and interviewing skills and perhaps obtain a letter of recommendation to show prospective employers.

342 Contact Hours, \$1,855

Class ID: 16913 Online class - start anytime



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

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



coding and transcription

Inpatient/Outpatient Medical Coding & Billing

NEW

The Inpatient/Outpatient Medical Coding and Billing Training Program is a comprehensive independent study online program designed for the individual who would like to work in the healthcare coding and billing industry. The program prepares students to sit for the CCA, CCS and CCS-P certification exams administered by AHIMA. This 19-module course addresses mastering medical terminology, documentation, confidentiality, ethics, healthcare structure, pharmacology, disease processes, diagnostic coding and healthcare reimbursement. **640 Contact Hours \$2,350**

Class ID: 16910  Online class - start anytime

Medical Transcription

Medical transcription is the process of transcribing the dictated audio reports of doctor-patient interactions. These transcribed reports become part of the patient's permanent medical record and are vital to ensuring proper and consistent patient care. This online program helps you develop the knowledge and skills of quality medical transcriptionists, specifically focusing on keyboarding, language and grammar, and medical terminology. **570 Contact Hours, \$1,875**

Class ID: 16911  Online class - start anytime

Visit our website at:

<http://normandale.augusoft.net>

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

Medical Transcription Editor

NEW

The Medical Transcription Editor online program will focus on editing and formatting physician-dictated medical records, fixing grammatical errors and improving content in an efficient and accurate manner. The program also emphasizes practical experience, and by completion, you will have transcribed hundreds of authentic dictations, preparing for a quick and successful transition to the workplace. In addition, the program's online format provides you the flexibility to study at your own pace. **640 Contact Hours, \$2,375**

Class ID: 16912  Online class - start anytime

Medical Administrative Assistant

The Medical Administrative Assistant online training program helps students gain specialized skills and knowledge. Students learn how to effectively manage front desk reception, patient scheduling, insurance and billing, practice finances, and more. Upon graduation, students will be prepared to enter the workforce and pass the Certified Medical Administrative Assistant exam (CMAA) offered by the National Healthcareer Association. The online learning platform provides 24/7 access to the curriculum and interactive learning tools. Students have access to all the necessary curriculum and materials, integrated software, IT help desk, personalized student support and career guidance to complete the program, prepare for the CMAA exam and transition to employment. **240 Contact Hours, \$1299**

Class ID: 16914  Online class - start anytime

Free Laptop or Textbooks!

Receive a free laptop or textbooks if you enrolled in one of the online medical career programs before October 31, 2011. *

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

Normandale Community College presents
FREE Medical Career Information Sessions

Hennepin South Workforce Center:
September 29 1:00pm - 3:00pm

Normandale Community College, Rm A2554:
September 29 6:00pm - 8:00pm

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



nursing and certification

Refresher Course in Nursing

This course is designed for registered nurses (RN) who need a review and update of nursing skills to return to active status. Prearranged supervised clinical experience is included. Basic knowledge of computers is required. There will be ten class lectures and four to five clinicals, and the option of one observation site. Clinicals will be in a sub-acute setting. *See website for health status, security and textbook requirements.*
150 Contact Hours, \$840

INSTR: Debra L. Condon, MSN, RN, CCRP

RM: S2333

8:00am - 12:00pm

Class ID: 16982

Sat, 9/10/11 - 11/19/11

(no class - 10/22/11)

CPR for the Professional Rescuer

NEW

This course is designed to provide the professional rescuer with the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of respiratory and cardiac emergencies until more advanced medical help can arrive. The course content and activities will prepare participants to make appropriate decisions about the care to provide in an emergency. The course teaches the skills a professional rescuer needs to act as a crucial link in the emergency medical services (EMS) system. The American Heart Association level C is equivalent to The American Red Cross Certificates for CPR for the Professional Rescuer. This course fulfills the CPR requirements for the Dental Hygiene, Nursing, Fitness Trainer and Law Enforcement Programs. **9.6 Contact Hours, \$99**

INSTR: Bob Hansen, MA, EMT, RTPS

RM: A1570

8:00am - 4:00pm

Class ID: 16909

Sat, 10/15/11

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.

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, \$54**

INSTR: Bob Hansen, MA, EMT, RTPS

RM: A1570

8:00am - 12:00pm

Sat, 9/24/11 (Class ID: 16745) or

Sat, 11/5/11 (Class ID: 16746) or

Sat, 12/10/11 (Class ID: 16747)

First Responder Refresher

This 16-hour course enables the currently certified or recently expired First Responder to renew certification. The course meets or exceeds the guidelines set forth by the United States D.O.T. and the State of Minnesota EMS Regulatory Board. Upon successful completion of the course, the participant will be recertified as a First Responder by the State of Minnesota EMS Regulatory Board. National Registration of First Responders is available to participants. *Prerequisite: Must be currently certified as Minnesota First Responder or within one year of expiration.* **19.2 Contact Hours, \$145**

INSTR: Bob Hansen, MA, EMT, RTPS

RM: A1570

8:00am - 4:30pm

Class ID: 16748

Sat, 11/5/11 &

Sun, 11/6/11

Introduction to Art Therapy

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

INSTR: Craig Balfany, MPS

RM: A2552

6:00pm - 9:00pm

Tue, 9/20/11

Class ID: 16749

professional development

Cultivating Mindfulness

NEW

Research proves that the practice of mindfulness promotes the sculpting of the brain's circuitry for becoming more aware of the mind-body connection. Mindfulness is a "state of enhanced awareness" and can increase self-regulation - the ability to be aware of our attention and emotions and direct them consciously. This workshop will teach you easy and practical skills to manage your stress, techniques to quiet the mind, calm the body, regulate emotions and improve focus and concentration. You'll discover the latest findings in the field of neuroscience that support our ability to transform our brains with simple practices and best of all, walk away with concepts and tools for everyday use.

4.8 Contact Hours, \$89

INSTR: Maureen Pelton, MSW, LICSW

RM: A2556

7:00pm - 9:00pm

Class ID: 16699

Mon, 9/26/11 & 10/3/11

Cultural Competencies for Healthcare Professionals

NEW

Healthcare providers in the U.S. and Minnesota are faced with an increasingly diverse population. Cultural competence is needed to close the gap on health disparities by providing competent care and understanding of rituals, family roles, health behaviors, nutrition and folk remedies. Learn to communicate effectively with diverse groups and what barriers prevent culturally competent health care. **9.6 Contact Hours, \$79**

INSTR: Vicki Erdmann, MS, RD, LD

RM: A2570

8:30am - 12:30pm

Class ID: 16920

Sat, 11/5/11 & 11/12/11

Depression and Anxiety

Depressive disorders affect approximately 18.8 million American adults age 18 and older in a given year. However, depression and anxiety ARE treatable. This course will give you the tools to help determine what causes depression and/or anxiety, how you can better understand signs and symptoms and what treatment options are available to you. You'll learn Dr. Anderson's "SIG-E-CAPS" model for identifying depression and a model of how the mind works to help you better understand anxiety, depression and other psychological problems, including valuable information to healthcare providers to improve patient care levels. **3.6 Contact Hours, \$49**

INSTR: Richard Anderson, MD

RM: A2554

6:00pm - 9:00pm

Class ID: 16765

Thurs, 10/27/11

workplace wellness

Simple and Successful Communication Skills

Learn a simple model proven to enhance your ability to express your needs and to listen to what others are saying. You will learn and practice skills and strategies for effective communication while exploring how to EMPOWER your willingness to express yourself and to encourage others to speak with clarity. You will explore conflict and avoidance resolution, authentic speaking and listening and explore the Four Agreements. **3.6 Contact Hours, \$59**

INSTR: Maureen Pelton, MSW, LICSW

RM: A2566

6:00pm - 9:00pm

Class ID: 16710

Mon, 9/19/11

Energetic Boundaries for Helping Professionals

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

INSTR: Kay Grace, CAEH

RM: A2556

7:00pm - 9:00pm

Class ID: 16958

Tue, 10/11/11

explore languages

American Sign Language

Learn skills for conversing in American Sign Language. These classes will emphasize a non-spoken classroom to help you achieve a mastery and confidence in your skills.

American Sign Language I

1.2 CEU, \$99, INSTR: Jamey Guille, MA

RM: C3148 6:00pm - 8:00pm
Class ID: 16695 Wed, 9/21/11 - 10/26/11

American Sign Language II

Prerequisites: ASL I or equivalent experience.

1.2 CEU, \$99, INSTR: Jamey Guille, MA

RM: C3148 6:00pm - 8:00pm
Class ID: 16696 Wed, 11/2/11 - 12/7/11

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

American Sign Language III

Prerequisites: ASL II or equivalent experience.

1.2 CEU, \$99, INSTR: Jamey Guille, MA

RM: C3148 6:00pm - 8:00pm
Class ID: 16697 Thur, 9/8/11 - 10/20/11
(no class 10/6/11)

American Sign Language IV

Prerequisites: ASL III or equivalent experience.

1.2 CEU, \$99, INSTR: Jamey Guille, MA

RM: C3148 6:00pm - 8:00pm
Class ID: 16698 Thur, 10/27/11 - 12/8/11
(no class 11/24/11)

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

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

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

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healing practices

Introduction to Ayurvedic Medicine

NEW

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

INSTR: Tricia Sletten, E-RYT **6:00pm - 9:00pm**
RM: A2552 **Tue, 9/27/11**
Class ID: 16881

INSTR: Tricia Sletten **6:00pm - 9:00pm**
RM: A2562 **Tue, 11/15/11**
Class ID: 16882

Introduction to the Healing Arts

NEW

Many people become interested in Healing Arts because of health challenges. Others are simply curious. With hundreds of techniques available, it can be difficult to choose. This interactive workshop helps unravel some of the confusion. You try more than a dozen methods including reflexology, muscle testing, yoga, acupressure, music, EFT, and others. You will gain an increased understanding of the Healing Arts field, receive a variety of ideas to improve your health, and experience three full hours of learning and fun! **3.6 Contact Hours, \$49**

INSTR: Valerie Lis, MA, EFT Expert-2
RM: F2250 **6:00pm - 9:00pm**
Class ID: 16880 **Mon, 10/17/11**

Taoist Healing and 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 Micro Cosmic Orbit, which are the foundation of the Universal Tao System as taught by Master Mantak Chia. These techniques teach you how to transform everyday stress into vitality and balance negative emotions with positive ones to create internal harmony. Learn how to relieve chronic pain, detoxify your system, increase your energy and enjoy better health. **4.8 Contact Hours, \$89**

INSTR: Bryan Bertsch, UHT, CIM
RM: A2552
Class ID: 16766

7:00pm - 9:00pm
Tue, 10/11/11 & 10/18/11

homeopathy

Homeopathy: Whole Health Healing

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

INSTR: Cilla Whatcott, H.D., RHom, CCH
RM: A2554 **6:30pm - 9:00pm**
Class ID: 16770 **Wed, 10/5/11**

Homeopathy and Influenza

De-fuse your flu fears! Learn the history of epidemics and the track record of homeopathy. What does current scientific thinking say about immunity? How do flu shots work? What about high fevers? Come with your questions and learn how to use seven highly effective remedies to fortify yourself during the flu season. **3 Contact Hours, \$49**

INSTR: Cilla Whatcott, H.D., RHom, CCH
RM: A2554 **6:30pm - 9:00pm**
Class ID: 16780 **Wed, 10/12/11**

emotional freedom techniques

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

An Introduction to Emotional Freedom Techniques (EFT)

This course provides an introduction to Emotional Freedom Techniques (EFT), along with the opportunity to practice the techniques. **2.4 Contact Hours, \$59**

INSTR: Valerie Lis, MA, EFT Expert-2

RM: A2556

Class ID: 16777

6:00pm - 8:00pm

Thur, 9/22/11

Emotional Freedom Techniques (EFT) EFT Level 1 and 2

When you complete EFT Levels I and II, you will have fulfilled the standardized program requirements approved through EFT Universe. The training is taught in a workshop format. 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. The workshops are also intended for those who simply want to learn about and become more proficient with EFT in a supervised environment. Fee includes course materials. **19.2 Contact Hours, \$375**

Level 1:

INSTR: Valerie Lis, MA, EFT Expert-2

RM: A2556

Class ID: 16784

8:00am – 4:30pm

Sat & Sun, 9/24/11 & 9/25/11

Level 2:

INSTR: Valerie Lis, MA, EFT Expert-2

RM: A2556

Class ID: 16785

8:00am – 4:30pm

Sat & Sun, 10/1/11 & 10/2/11

reiki energy therapy

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

Reiki Energy Therapy Level I

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

INSTR: Lucille Crow, RN

RM: C3061

Class ID: 16724

8:00am - 4:00pm

Sat, 10/8/11

— or —

INSTR: Lucille Crow, RN

RM: C3061

Class ID: 16725

8:00am - 4:00pm

Sat, 10/29/11

Reiki Energy Therapy Level II

This eight hour class provides advanced skills in Reiki Energy Therapy, increasing the power and versatility of the use of the therapy. The practitioner develops abilities to handle more complex situations and techniques to strengthen and enhance the therapy. Special attention is given to dealing with emotional and mental distress, and students learn to transmit Reiki Energy Therapy to a person in a different location. Upon completion of this course, the student is certified as an Advanced Practitioner with greater capabilities and ability to transmit the Reiki life force. *Prerequisite: Certification in Reiki Energy Therapy Level I.* **8.4 Contact Hours, \$150**

INSTR: Lucille Crow, RN

RM: C3061

Class ID: 16726

8:00am - 4:00pm

Sat, 11/19/11

hypnosis

Self Hypnosis

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

INSTR: Cindy Locher, CI, BCH, MNLP
RM: A2552 **6:00pm - 9:00pm**
Class ID: 16787 **Tue, 10/4/11**

Introduction to Hypnosis

Develop a better understanding of how hypnosis works and gain introductory hypnosis skills. There is much more to learn beyond this level of instruction, and this course does not qualify participants as hypnotherapists, but is an excellent introduction to hypnosis and does provide the understanding and instruction needed to induce hypnosis with a willing subject. **7.2 Contact Hours, \$129**

INSTR: Cindy Locher, CI, BCH, MNLP
RM: A2562 **6:00pm - 9:00pm**
Class ID: 16786 **Tue, 9/20/11 & 9/27/11**

Hypnotherapy Certification

This program is designed for counseling, health and wellness professionals and will qualify you for membership in the National Guild of Hypnotists. You will complete 75 hours in the classroom and approximately 25 hours in outside of class learning. You will receive your Hypnotherapy Certificate through Normandale's Integrative Health Education Center and be certified by the National Guild of Hypnotists, the world's largest and oldest hypnosis organization.

After completing this certification program, you will have a basic to intermediate understanding of hypnosis and its consulting applications. This initial training will prepare you to begin working with clients for situations that lend themselves to stress management consulting and motivational coaching. You will gain comprehensive instruction, hands-on demonstration, practice and experience. See our website for complete program and training objectives.

Hypnotherapy Fees, Materials and Membership

Tuition for the Hypnotherapy Certificate training program is \$1,745 with an additional \$250 materials fee. The materials fee includes textbooks, exams and a one year membership in the National Guild of Hypnotists. **90 Contact Hours, Class ID: 16922**

Fri - Sun, 10/14/11 – 11/13/11 (no class on 10/21, 10/22, 10/23, 11/11)

Fri	8:00am – 4:30pm	RM: A1550
Sat	8:00am – 4:30pm	RM: A1550
Sun	8:30am – 1:30pm	RM: A1550

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



Jody Kimmell, CHt, MNLP, is a certified Clinical and Medical Support Hypnotherapist and NLP Practitioner. He is a founder of the American Council of Hypnotist Examiners, Gil Boyne and Neuro-Linguistic Programming (NLP).

herbalism

Herbalism Certificate

Herbal therapy is the oldest and most widespread form of healing on planet earth! Generally regarded as safer and just as effective (if not more effective) as conventional medicine, herbalism is a science and art that can be successfully learned and utilized by the lay person. Through the use of tinctures, glycerites, teas, capsules, poultices, compresses, and salves, you will learn to apply herbal therapy to support the constitution with reference to an array of conditions from A to Z, in consideration of guidelines as to indications, dosage, and contraindications. *Textbook will be available for purchase in class - 300: Herbs: Their Indications & Contraindications (A Materia Medica & Repertory) (2003). \$15*

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

Class ID: 16718

Mon, 11/7/11

Class 4: Herbs for the Immune and Endocrine System

Class ID: 16721

Mon, 11/28/11

Class 2: The Constituents and Properties of Herbs

Class ID: 16719

Mon, 11/14/11

Class 5: Herbs for Digestion and Elimination

Class ID: 16722

Mon, 12/5/11

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

Class ID: 16720

Mon, 11/21/11

Class 6: Herbs for the Cardiovascular System

Class ID: 16723

Mon, 12/12/11

Register for Entire Series and Save!

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

Contact Hrs: 18 for series / 3 per class

\$240 for series / \$45 per class

RM: A2556

6:30pm - 9:00pm



Matthew Alfs, M.H., A.H.G. is a practitioner, educator, and writer in the field of herbal therapy. He is a nationally-peer-reviewed, professional member of the American Herbalists Guild. Matthew is also the director of the Midwest School of Herbal Studies. Matthew has authored numerous articles as well as books.

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 952-358-7032. If you need a reasonable accommodation for a disability (e.g., wheelchair accessibility, interpreter, Braille or large print materials), such an accommodation can be available upon request.

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A MEMBER OF THE MINNESOTA STATE UNIVERSITY
AND MINNESOTA STATE SYSTEM

feng shui

Conversations with Your Home

In a conversation we often tell, ask, listen, share, perceive, translate, misconstrue, clarify.... some of which is spoken and much of which is not. In this workshop, Carole Hyder reveals that you and your home have conversations, everyday and for a lifetime. Are they meaningful, intentional and supportive? Find out how you can tap into the enveloping and conscious energy that happens to come to you in a powerful, spatial format—your home. You will walk through exercises that will lead you in discussions and open your eyes to the enormous possibilities that your home offers to support your dreams. Your home’s energy can help you feel whole and safe so that you can live your ideal life. Learn to have “conversations with your home.” Included in the materials, you will receive a copy of Carole’s book “Conversations with Your Home.” (a value of \$18) **3.6 Contact Hours, \$99**

NEW



INSTR: Carole Hyder, MA, BBE, WWMT
RM: A2556
Class ID: 16917

6:00pm – 9:00pm
Thur, 9/29/11

movement and body work

Yoga

Research continues to affirm the benefits of yoga for health maintenance, enrichment, and musculoskeletal support. Learn and practice yoga postures and simple movements that enhance your ability to relax and renew. You’ll enjoy better posture, improved body composition (strength and flexibility), healthier breathing habits, and a sense of well-being. *Wear comfortable clothing and bring a mat.* **4.8 Contact Hours, \$49**

INSTR: Marcy Lundquist, MA **5:30pm - 6:30pm**
RM: S2330 **Mon, 9/12/11 – 10/3/11**
Class ID: 16782

— or —

INSTR: Marcy Lundquist, MA **5:30pm - 6:30pm**
RM: S2330 **Mon, 11/7/11 – 11/28/11**
Class ID: 16783

Massage for Two

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

RM: S2330
Class ID: 16854

6:00pm - 9:00pm
Mon, 10/10/11

— or —

RM: S2330
Class ID: 16855

6:00pm - 9:00pm
Mon, 12/5/11

Body Signals: Developing A Relationship With Your Body

Margaret McRaith has based this class on over thirty seven years of clinical practice as a physical therapist and brings a holistic approach to wellness using modern science-based medicine and ancient healing wisdom. You are invited on a journey of discovery. Learn to listen to your body’s messages, and through your body, your own unique wisdom. In this class you will learn three ways to listen to your body’s signals, (and experience how the body’s signals relate to feelings, thoughts and your spiritual nature). You will leave with a plan to apply in your daily life to help you continue developing the relationship with your body, and through it, yourself. With consistent application of the tools, you’ll experience decreased pain, increased energy, and a growing sense of empowerment and self-responsibility in all aspects of your life.. **3.6 Contact Hours, \$69**

NEW

INSTR: Margaret McRaith, MA, PT
RM: A2562
Class ID: 16764

6:00pm – 9:00pm
Wed, 11/16/11

aromatherapy certificate

Certificate in Essential Oils Therapies

Aromatherapy offers a wide variety of health benefits such as physical, mental, emotional and spiritual balance through the use of essential oils, which are the volatile, aromatic compounds extracted from plant sources. Aromatherapy addresses healing on three levels: The pharmacological actions of the oils, the emotional aspect related to healing, and the energetic – vibrational gifts. *Working knowledge of Aromatherapy concepts is helpful, but not required if registering for an individual class. Recommended textbook: "The Complete Guide to Aromatherapy" 2004 (2nd edition), by Salvatore Battaglia. Available at major book retailers.*



Class 1: Aromatherapy Foundations

Experience hands-on smelling, touching and watching oils come to life through color and aroma. Learn the plant parts, the extraction processes, the science, and the chemistry of how they work. Important safety guidelines you need to know and "how" the amazing essential oil molecules promote healing and balancing results in the body. See firsthand how aromatherapy is used in health care settings from a professional aromatherapist's viewpoint.

Class ID: 16742

Mon, 9/12/11

Class 2: The Essential Oils and Methods of Application

This course offers detailed profiles of seven commonly used essential oils, and guidelines on how to safely select and use them. Get hands-on experience in making various inhalation and topical aromatherapy products. Discover insider resources for selecting, purchasing and storing oils.

Class ID: 16743

Mon, 9/19/11

Class 3: Reduced Stress and Balanced Emotions

Stress hormones are major factors that disrupt moods, sleep, digestion and muscle tension. Experience for yourself how aromatherapy can counter the effects of stress throughout the body. This class integrates the use of intention and acupressure points. It also introduces the basic Eastern healing concepts of the five element theory alongside five common emotions (anger, anxiety, fear, grief and worry).

Class ID: 16757

Mon, 9/26/11

Class 4: Finding your Balance with Essential Oils

Continue to explore the five element theory of healing along with traditional methods of using essential oils. You will find your "five element type" and make a blend to take home that is designed specifically for you. Gain the skills to select oils that can balance your body, stimulate weak or deficient areas, and cool down hot tempers and anxiety.

Class ID: 16758

Mon, 10/10/11

Class 5: Essential Oils for the Immune and Lymphatic Systems

Learn how to strengthen your natural abilities to keep daily exposure to germs and toxins from negatively affecting your health. Learn about self-care routines for healthy skin, how to improve lymphatic circulation, release toxins resiliency and build.

Class ID: 16759

Mon, 10/17/11

Class 6: Essential Oils for the Respiratory and Musculoskeletal Systems

You will clearly understand the role essential oils play in respiratory health, muscular skeletal tissues, and pain management. Learn from research-based findings how to create your own blends and treatments for common health concerns.

Class ID: 16760

Mon, 10/24/11

Register for Entire Series and Save!

Select "View course series" at

<http://normandale.augusoft.net>

Contact Hrs: 21.6 for series /

3.6 per class, \$258 for series / \$48 per class

RM: A2556

6:00pm - 9:00pm

(no class 10/3/11)

aromatherapy

Essential Oil Therapies for Stress

Stress has been identified as the underlying cause of up to 80% of Dr. visits. (James S. Gordon, M.D.) In this 2-part class, you will gain new insights into how your body responds to stress, and how you can quickly shift your stress response. You will make an aromatherapy blend designed specifically for you, and learn powerful new techniques to optimize stress reducing results with aromatherapy. This class is ideal for self care, client care, massage therapists, energy healers, and anyone interested in effective hands on therapy. Prior knowledge of essential oils helpful but not required. **7.2 Contact Hours, \$99 (plus \$10 materials fee)**

INSTR: Jodi Baglien, CA, CST
RM: A2556
Class ID: 16711

6:00pm – 9:00pm
Wed, 11/2/11 & 11/9/11



Jodi Baglien, CA, CST, is certified in both Aromatherapy and Shiatsu therapy. Jodi serves as the regional director and chair of the Education committee for the Alliance of International Aromatherapists, (AIA) helping to advance research and education for aromatherapists.

stress management

Introduction to Breathwork – Staying Calm, Cool & Focused

NEW

This introductory course will help you uncover the power for health and wellness by simply paying attention to your breath. This course will be interactive and experiential. When you become aware of your breath you begin to unlock the stresses that keep you from feeling energized and alive. You will learn three simple breathing techniques particularly useful for relieving stress, and reducing the effects of physical illness. You will understand how to stay calm, cool and focused during times of stress. **3.6 Contact Hours, \$69**

INSTR: Patrick Weseman, CYT 6:00pm - 9:00pm
RM: A2552 Tue, 10/25/11
Class ID: 16788

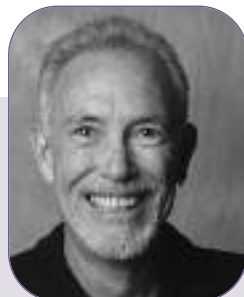
Patrick Weseman received his certification as a yoga teacher from the Himalayan International Institute of Yoga Science & Philosophy in 1972. His journey has led him to the study and practice of various natural holistic healing and wellness approaches, including Meditation, Ayurveda and Unlimited Breath. Patrick has taught and lectured in many Corporations, Wellness and Yoga Centers.

Unlimited Breath and Conscious Creation

NEW

In this 6-part series, you will learn advanced breathing and manifesting techniques to reduce stress and enhance healing. See website for more information. Note: Students bring blanket, pillow and dress in layers. **18 Contact Hours, \$299**

INSTR: Patrick Weseman, CYT 6:30pm - 9:00pm
RM: A2552 Tue, 11/1/11 – 12/6/11
Class ID: 16781



sound healing

Sound Healing Mastery Certificate

NEW

Sound Healing Mastery is a Sound Healing Practitioner Certificate Program designed to build a solid foundation in vibrational therapy. In this groundbreaking series you will learn the art and science of sound healing. You will also learn to use the tools of Sound Healing as you practice both giving and receiving the healing power of sound. *You can take all classes individually, but to become certified you must take classes 2-9.*

Class 1: Introduction to Sound Healing

Discover how sound healing works and why it is emerging as a highly respected and invaluable treatment method in the field of integrative health and wellness. Learn to use basic sound healing tools. Find out how sound is used to clear mental, physical and emotional roadblocks, and to harmonize with your environment. Experience an introduction to Tibetan Singing Bowls, Tuning Forks, Crystals, Drums, a Sound Bath, and your own Voice to create a circle of healing sound. **2.4 Contact Hours, \$49**

7:00pm – 9:00pm
Fri, 9/30/11

Class ID: 16736

Class 2: The Healing Power of Sound – Foundation

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

9:00am – 4:00pm
Sat, 10/1/11

Class ID: 16730

Class 3: Sounding the Earth – Drums, Dance & Didgeridoo

Sound healing has been around for thousands of years. From tribal or ecstatic dance, to rhythm, drums and the didgeridoo of the Australian Aborigines, these ancient sounds connect us to the earth. Shamans have used drums to anchor those traveling into other dimensions, while others have used drums to call in a state of being, create a ritual, raise energy, or to release a stuck or stagnant energy. You'll learn to use drums, movement and music to feel more grounded. **7.2 Contact Hours, \$145**

9:00am – 3:00pm
Sun, 10/2/11

Class ID: 16731

Class 4: Voice I – Your Soul Signature

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

9:00am – 4:00pm
Sat, 11/5/11

Class ID: 16732

Class 5: Voice II – As a Healing Tool

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

9:00am – 3:00pm
Sun, 11/6/11

Class ID: 16733

Class 6: Singing Metals – Tibetan Bowls, Chimes & Tuning Forks

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

9:00am – 4:00pm
Sat, 12/3/11

Class ID: 16734

sound healing

Class 7: Sounding the Light – Color & Clarity

Sound waves are actually physical matter (atoms and molecules), where light waves are electromagnetic and appear as different colors when dispersed through a prism. Learn how to use sound, light and color together to create a powerful healing effect. Many healing systems connect specific colors to specific chakras or energy centers, and specific sounds to certain colors. **7.2 Contact Hours, \$145**

9:00am – 3:00pm
Sun, 12/4/11

Class ID: 16735

Class 8: Crystals and Clairaudience

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

9:00am – 4:00pm
Sat, 1/7/12

Class ID: 16767



Class 9: Ethics & Sound Healing Practice – Foundation

You will learn how to conduct a complete Sound Healing session with a friend or client. We'll cover the ethics of vibrational therapy in more depth. *Prerequisite: You must have completed entire series to attend this course.* **7.2 Contact Hours, \$145**

9:00am – 3:00pm
Sun, 1/8/12

Class ID: 16768

RM: A2552

62.4 Contact Hours for series,
8.4 or 7.2 Contact Hours per class,
\$975 for series or \$145 per class
(series fee does not include class #1).

Kay Grace, CAEH enjoys teaching the art and science of Sound Healing, and empowering people to access the unique qualities of their spirits. She is a graduate of a four year certification program in advanced energy work from Inner Focus School. She has also studied Sound Healing extensively with Jonathan Goldman and Sound Accord Healing School. A published singer & songwriter, Kay is a member of Healing Touch International, the International Sound Healers Association, and ABMP.



“*Kay is an amazing teacher.*

Her intelligence, knowledge, deep compassion and energy are WONDERFUL. She is a gift. Also, thanks and gratitude to Normandale for knowing that this is important and being open to this beautiful and vital series.”

- Mary Anne Beers

energy work

EnergyWorks Certificate

NEW

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

Class 1: The Holistic Process: What is Energy Work

Learn the exciting fundamentals of energy, both physical (measurable) and subtle (immeasurable). Learn the major energetic systems and how they work, as well as the leading-edge research substantiating their existence and functions. Learn what diseases, conditions, and lifestyle issues are best addressed by which modalities before we get down to business and practice moving energy.

Class ID: 16750

Sat, 10/15/11

Class 2: The Tools of the Energy Trade

Just as an electrician requires a tool kit, so does an energy worker need his or her own medicine bag. What's in the energy worker's toolbox? Intuition, boundaries, ethics, intention, protection, your own version of the Hippocratic Oath, and grace, all covered and practiced in this dynamic workshop.

Class ID: 16751

Sat, 11/12/11

Class 3: Energy Anatomy: Channels

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

Class ID: 16752

Sat, 12/3/11

Class 4: Energy Anatomy: Fields

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

Class ID: 16753

Sat, 1/14/12

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.

Class ID: 16754

Sat, 2/11/12

Cyndi Dale, BA, MTAEH is the president of Life Systems Services Corporation and is an internationally recognized author of dozens of books on spiritual development, personal growth and energy healing. She is a featured speaker for HPSS Global, Inc., a wellness agency.



energy work

Class 6: Energy Healings

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

Class ID: 16755

Sat, 3/3/12

Class 7: Energy Work Practices

The question is—which one? There are hundreds if not thousands of different types of energy work practices, and in this workshop you'll learn about and practice a number of them. We'll present the major categories of energy work as well as their benefits and outline the various criteria for deciding which to participate in or recommend to someone. We'll also cover how to assess an energy practitioner and finally, we'll practice a number of methods with other members of the class.

Class ID: 16756

Sat, 4/21/12

Register for Entire Series and Save!

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

Contact Hrs: 58.8 for series / 8.4 per class,

\$875 for series / \$145 per class

RM: A2556 9:00am - 4:00pm

Required Material:

The Subtle Body: An Encyclopedia of Your Energetic Anatomy by Cyndi Dale

Recommended Reading:

The Complete Book of Chakra Healing by Cyndi Dale

Holistic Health Assessment – Energy Centers

As human beings, we are complex systems with many states of well-being. Our subtle energy centers (chakras) can create holistic health and balance. At times, we experience disequilibrium—health issues, fatigue, stress or anxiety. By using techniques to assess the energy centers, we can discern the imbalance and make the necessary corrections. **4.8 Contact Hours, \$89**

INSTR: Maureen Pelton, MSW, LICSW

RM: F2250 7:00pm - 9:00pm

Class ID: 16769 Wed, 11/30/11 & 12/7/11

Fundamentals of Acupressure and Shiatsu

This is a three part, introductory course in Self Health Acupressure. Acupressure is a form of hand therapy treatment which, like acupuncture, balances energy in the body. You will be introduced to the theories and techniques of acupressure and you will learn techniques for self-shiatsu. You will begin to see how to effectively locate energy and physical stagnation in your body. **7.2 Contact Hours, \$145**

INSTR: Dr. Larry Caldwell, DOM

RM: F2250 6:30pm - 8:30pm

Class ID: 16779 Tue, 11/1/11 – 11/15/11

heartsight® series I

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

Class 1: Your Authentic Self

Class ID: 16712

Wed, 9/14/11

Class 2: Stepping into Your Energy Body

Class ID: 16713

Wed, 9/21/11

Class 3: Maintaining Boundaries & Emotional Integrity

Class ID: 16714

Wed, 9/28/11

Class 4: Shadow Parts and the Law of Resonance

Class ID: 16715

Wed, 10/5/11

Class 5: Intentions and the Law of Attraction

Class ID: 16716

Wed, 10/12/11

Register for Entire Series and Save!

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

Contact Hours: 18 for series / 3.6 per class, \$275 for series / \$65 per class

RM: F2250

6:00pm - 9:00pm

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



heartsight® series II

Embodying Soul Wisdom

Would you like to apply your wisdom from HeartSight I? Then come to this course and expand your intuitive development to deepen connections with your creative spirit. This course will support integration of your spiritual being with your physical body and teach you how to consciously live in a multi-dimensional energetic world. Through the chakra system, we will expand grounding with gratitude and explore innate goodness and shame. Through experiential learning, you will be given tools to support yourself in aligning with your essence, your truth and your creative expression. This series is designed to deepen your experience from HeartSight Level 1. Upon completion of this course, you will understand energy integration, the transmuted process, chakra alignment, and stress responses of the body. *Prerequisite: Completion of HeartSight Level I.* **10.8 Contact Hours, \$165**

INSTR: Maureen Pelton, MSW, LICSW

RM: F2250

Class ID: 16717

6:00pm - 9:00pm

Wed, 11/2/11 - 11/16/11

personal discovery

Photo Reading Information Session

FREE

Join us for a preview of Photo Reading. You will see how this method of reading and learning saves you time and increases your natural abilities.

INSTR: Cheryl Hiltibran, M.Ed, IAL, CMALT-III

RM: A2556

Class ID: 16928

6:30pm – 7:30pm

Tue, 11/1/11

NEW

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

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

INSTR: Cheryl Hiltibran, M.Ed, IAL, CMALT-III

RM: A2556

Class ID: 16926

8:30am – 4:30pm, Sat, 11/5/11

& 8:30am – 3:30pm, Sun, 11/6/11

Numerology Free Information Session

FREE

Attend this session to learn what numerology is and how you can integrate numbers in your daily life.

INSTR: Susan E. Shopek, PN

RM: A2562

Class ID: 16925

6:00pm – 7:00pm

Tue, 10/18/11

NEW

Introduction to Numerology

The spiritual science of numerology offers you guidance as you navigate your way through all areas of life, presenting an opportunity to explore your inner wisdom. In this three part series, you will see how numerology can inspire creativity and enhance your self-understanding and spiritual development. Learn how to apply numerology in practical ways in your daily life. **9 Contact Hours, \$125**

INSTR: Susan E. Shopek, PN

RM: A2562

Class ID: 16924

6:00pm – 8:30pm

Tue, 10/25/11 – 11/8/11

Soul Age: Paths to Discovery

Have you wondered why some of your family or friends have life perspectives very different than yours? Perceptions of a “young” soul differ from those of an “old” soul similar to the way a child sees the world differently than a 50 year old. While there is no Soul Age that is better than any other, there is immense value in learning the attributes of each of the five stages. Learn the scientific research that validates how we grow, shift and evolve as spiritual beings. You will have many “ah-ha” experiences and will be able to use your new information immediately in your daily life. **3.6 Contact Hours, \$59**

INSTR: Lucille Crow, RN

RM: A2556

Class ID: 16700

6:00pm - 9:00pm

Thur, 10/27/11

Introduction to Intuition

Discover the power of applying your intuitive abilities in daily decision making. Gain confidence in your innate ability to access the wisdom of your intuitive voice.

3.6 Contact Hours, \$49

INSTR: Doreen Johnson, BM, CSP, CBC, CFP

RM: A2556

Class ID: 16962

6:00pm - 9:00pm

Tue, 10/4/11

NEW

personal discovery

Self Mastery Program

Self Mastery is necessary in the world today. When you master the self you master the world. Clarity and certainty are attainable once the powers of the mind, body, heart and spirit are harnessed.

Class 1: Unleashing the Warrior in You

Most people never have the opportunity to be trained as a Warrior. Military combat training is not Warriorship and neither are most martial arts and fighting styles. Warriorship is a way of life, a constant choice, a sculpting of mind, body, heart and spirit. A path that guides people to leading a more fulfilled life, it can be fierce, defiantly on the edge, immensely rewarding, committed and powerful. Perception is not only the ability to see what is, it is also the ability to change it with a perceptual shift of self and reality. You are what you think. This training will help you to see inside, outside, and beyond the box. **2.4 CEU, \$49**

RM: A2556
Class ID: 16727

7:00pm – 9:00pm
Tue, 9/13/11

Class 2: Expanding Awareness and Sensitivities

Awareness is the deepest form of knowing, one of the intuitive gifts and can provide us with a direct link to the universal silent knowledge that's rich and deeply filled with wisdom and understandings. Sensitivity is the depth of feeling and development in this area allows you to truly see things from other perspectives more clearly. Learn how to enrich your relationships in all areas of your life. **2.4 CEU, \$49**

RM: A2556
Class ID: 16728

7:00pm – 9:00pm
Tue, 9/20/11

Class 3: Developing Your Natural Abilities

Cultivating your natural abilities, those that you are born with and those that are developed throughout your life. Focusing on your strengths allows you to ride through the ups and downs of life in a more fluid matter, where there's more thriving than surviving. After completing this course, you will be able to navigate the world, people and experiences with more clarity and feel more empowered. **2.4 CEU, \$49**

RM: A2556
Class ID: 16729

7:00pm – 9:00pm
Tue, 9/27/11



Hanakia Zedek, MTAEH is a well known and respected Public Speaker, Shaman, Mystic, and Musician. He has 40+ years of hands on experience in the Metaphysical, Psycho~Spiritual, Magical, Esoteric, Healing and Martial Arts. With music, voice, and intent he shows how the power of self awareness and expression can change the world. He is the author of "TaoZen Verses" and is the creator of "The Philosophy of Nothing".

The Quantum Diamond: Manifesting & Healing Through the Magical Spheres

Cyndi Dale and Carolyn Vinup will help you tap into the "super"-natural influences available to all of us, every second of the day. Want to learn about the twelve spheres that surround you? Ways the "quantum diamond" and sound, shapes, numbers, and intentions blend to empower your decisions? Learn to lead the life you desire **3.6 Contact Hours, \$89**

INSTR: Cyndi Dale, BA, MTAEH and Carolyn Vinup, BA, WWCC, CSH
RM: A2556
Class ID: 16930

6:00pm - 9:00pm
Thur, 11/3/11

personal discovery

Spiritual Evolution – Beyond Science

Deepen Your Understanding and appreciation of the beauty and enormity of life. These courses will unfold the spiritual path of humanity that is non-religious through the teachings of the ages.

NEW

Class 1: Introduction to Spiritual Evolution

“Behind the appearance of the Universe there is a reality, a Being, a consciousness, that is One and eternal. All things are united in that one, but divided by a certain separateness, and a forgetting of that One self.” –Sri Aurobindo.

RM: A2562
Class ID: 16883

5:30pm – 7:30pm
Wed, 10/12/11

Class 3: Discover the Seven Rays

The Rays are invisible waves of energy. Scientists began tracking and recording them about forty years ago. Their discoveries followed the discoveries of other invisible waves of energy, like radio and micro-waves.

RM: A2562
Class ID: 16885

5:30pm – 7:30pm
Wed, 10/26/11

Class 2: The Seven Great Cosmic Planes: How the Universe is Organized

A plane is a level of consciousness and life, measured by frequency or vibration. All life has evolved through the Seven Great Cosmic Planes in a process called Involution-Evolution.

RM: A2562
Class ID: 16884

5:30pm – 7:30pm
Wed, 10/19/11

INSTR: Barbara Everett, MS, SD
and Elizabeth St. Angelo, BS, SD
7.2 Contact Hours for series, 2.4 per class
\$125 for series or \$49 per class

Superconscious Energy Activation Workshop

Improve your career, health, finances and relationships. Gain clarity of purpose, life balance, and reduce your stress! Attract the things you truly desire by taking conscious control of your mind and inducing the power of your superconscious. This workshop is based on historical and recent research in the fields of quantum physics and vibrational frequencies to understand mind science. Note: All attendees will receive Michael's newest book called Superconscious Power: The Science of Attracting Health, Wealth and Wisdom (\$24.95). **8.4 Contact Hours, \$145**

NEW

INSTR: Michael Monroe Kiefer, PhD
RM: A2554
Class ID: 16929

8:30am – 4:30pm
Sat, 10/8/11

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



tai chi

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

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

Russ Smiley, PhD, is the lead instructor at Normandale and has been instrumental in developing the Internal Healing Arts programs at Normandale Community College. Dr. Smiley has taught at Normandale for 23 years and holds a Phi.D in Health Education. Dr. Smiley was introduced to Yang Style Tai Chi Chuan over 26 years ago. One of fifteen Master Trainers for the Tai Chi for Arthritis program in the United States, he also is certified to teach Tai Chi for Diabetes and Tai Chi for Back Pain. Dr Smiley serves on the Board of Directors of the non-profit Tai Chi for Arthritis Association of America and the Board of Advisors for the American Academy of Acupuncture and Oriental Medicine.



Keith Root began his Tai Chi journey in 1993. He briefly studied Wu Style before finding his way home with Yang family Tai Chi Chuan. He started with Chen Man Cheng's short form before learning Doc Fai Wong's short and intermediate forms, and two weapon forms; the sword and fan. Presently, Keith is continuing his study of Yang style Tai Chi Chuan and Yi-Quan with Fong Ha. He holds an instructor certification from Dr. Paul Lam for Tai Chi for Arthritis and Diabetes. Keith is a skilled and valued instructor for Normandale's Continuing Education Department.

Patricia Gonzales, MS, RN began her journey into the world of tai chi and qigong by her mother's interest to find a way to manage the pain of rheumatoid arthritis without increasing medications. Together, Trish and her mother started taking tai chi classes at Normandale Community College in 2003 and have not missed a session since that time. It is the grace and beautiful of tai chi along with the ease of movement, stress management, and relaxation that sustains this commitment to tai chi. Trish practices Sun style Tai Chi and Taiji Qigong. She received her initial tai chi instructor certification in 2004 at Normandale Community College. She continues to take tai chi classes from Dr. Russell Smiley at Normandale while also assisting with instruction of the introductory tai chi classes. Trish has been a registered nurse for 35 years and a nursing instructor for 32 of those years.



Linda Ebeling has been a fitness instructor for 11 years. Her Tai Chi practice includes Sun style, Yang style, Fan and QiGong, including the Five Animal Frolics. She is a Board Member of The Tai Chi for Health Community and a member of the MS Wellness Professionals Task Force. Linda is certified in TCA, TCD and Seated TCA, and is a CPR and First Aid instructor for the Red Cross.

tai chi

TAI CHI Levels:

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

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

ABC's of Tai Chi **1**

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

INSTR: Keith Root 7:00pm - 8:00pm
RM: A1560 Thur, 9/15/11 - 11/17/11
Class ID: 16798

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

Tai Chi for health beginning follows the Tai Chi from the Arthritis Foundation program. Recommended as a starting point for your Tai Chi journey, this course will introduce Dr. Lam's Simplified Sun Style Tai Chi in a safe and supportive environment. Other certified teaching assistants may be scheduled to teach this course on an infrequent basis. **\$89 or \$10/class**

INSTR: Patricia Gonzales, MS, RN
RM: S2330 10:30am - 12:00pm
Class ID: 16789 Sat, 9/10/11 - 12/17/11
(no classes 9/17, 10/8, 10/22, 11/19, 11/26)

18 Contact Hours

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

— or —

INSTR: Keith Root 7:00pm - 8:00pm
RM: A1560 Mon, 9/12/11 - 11/14/11
Class ID: 16790 12 Contact Hours

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

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

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

INSTR: Keith Root 11:30am - 12:30pm
RM: A1560 Sat, 9/10/11 - 12/17/11
Class ID: 16791 (no classes 9/17, 10/8, 10/22, 11/19, 11/26)

Tai Chi Fan **3**

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

INSTR: Linda Ebeling 7:00pm - 8:00pm
RM: S2330 Thur, 9/15/11 - 11/17/11
Class ID: 16792

tai chi

Sun Style 97 Form **3**

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

INSTR: Patricia Gonzales, MS, RN
RM: S2330 9:00am - 10:00am
Class ID: 16793 Sat, 9/10/11 – 12/17/11
(no classes 9/17, 10/8, 10/22, 11/19, 11/26)

Yi Chuan **3**

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

INSTR: Keith Root 8:00pm – 9:00pm
RM: A1560 Thur, 9/15/11 – 11/17/11
Class ID: 16794

Yang Style 40 Form **3**

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

INSTR: Keith Root 10:30am – 11:30am
RM: A1560 Sat, 9/10/11 – 12/17/11
Class ID: 16795 (no classes 9/17, 10/8, 10/22,
11/19, 11/26)

— or —

INSTR: Keith Root 8:00pm – 9:00pm
RM: A1560 Mon, 9/12/11 – 11/14/11
Class ID: 16796 (see website for
detailed class dates)

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

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

INSTR: Keith Root 8:30am - 10:00am
RM: A1560 Sat, 9/10/11 – 12/17/11
Class ID: 16797 (no classes 9/17, 10/8, 10/22,
11/19, 11/26)

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

Surveys, including one by the National Center for Complementary and Alternative Medicine (<http://nccam.nih.gov/health/taichi>), have shown that between 2.3 million and 3 million people use tai chi in the United States, where a fledgling body of scientific research now exists: the center has supported studies on the effect of tai chi on cardiovascular disease, fall prevention, bone health, osteoporosis, osteoarthritis of the knee, rheumatoid arthritis, chronic heart failure, cancer survivors, depression in older people, and symptoms of fibromyalgia.

–Harvard Magazine, July-August 2011



spring forest qigong (chee gong)

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

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 for over twenty years 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. Master Chunyi Lin also recognized that learning, understanding and acceptance are increased when the meaning or impact of each exercise and technique is explained. These Spring Forest Qigong workshops are a significant part of Master Lin’s vision of creating “a healer in every family and a world without pain.”

Free Information Sessions at Normandale

Class ID: 16704	Tue, 9/20/11	6:30pm – 7:30pm	RM: A1550
Class ID: 16705	Tues, 11/29/11	6:30pm – 7:30pm	RM: A1550
Class ID: 16806	Tues, 1/24/12	6:30pm – 7:30pm	RM: A1550
Class ID: 16898	Tues, 2/21/12	6:30pm – 7:30pm	RM: A1550

Spring Forest Qigong Founder:

Chunyi Lin serves as the lead instructor and is a certified International Qigong Master and is the founder of Spring Forest Qigong. He has studied with many respected Qigong Masters in China and has been practicing and teaching Qigong and Tai Chi for over thirty years. Chunyi is coauthor of a #1 Amazon.com bestseller, Born A Healer, and coauthor with Dr. Nisha Manek of the Mayo Clinic of a chapter on qigong in the recently released Textbook of Complementary and Alternative Medicine, 2nd Edition. Master Lin has helped nearly 120,000 people learn about the powerful, healing benefits of Spring Forest Qigong and now devotes all of his time to the teaching of Spring Forest Qigong and helping others. Master Lin may be assisted by other qualified instructors.



BALANCE • ENERGY
MOVEMENT • EMPOWERMENT

spring forest qigong

Spring Forest Qigong Level I Workshop

Qigong is a form of meditation exercises that help people increase self-awareness, build internal energy and develop a healthy body physically and spiritually. These techniques will help you to relieve physical pain, stress, depression and more. Master Lin has simplified the Qigong exercises so they are simple, effective and easy to learn. Spring Forest Qigong opens the door for everyone to explore this powerful spiritual healing energy. **.7 CEU, \$195**

DATES	TIME	LOCATION	CLASS ID
Fri, 9/30/11	8:30am - 4:30pm	Normandale - A2566	16706
Fri, 12/2/11	8:30am - 4:30pm	Normandale - A2566	16707
Fri, 2/3/12	8:30am - 4:30pm	Normandale - A2566	16893
Fri, 3/2/12	8:30am - 4:30pm	Normandale - A2566	16894

Spring Forest Qigong Level II Workshop

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

DATES	TIME	LOCATION	CLASS ID
Sat, 10/1/11 & Sun, 10/2/11	8:30am - 5:00pm 8:30am - 12:30pm	Normandale - A2566	16708
Sat, 12/3/11 & Sun, 12/4/11	8:30am - 5:00pm 8:30am - 12:30pm	Normandale - A2566	16709
Sat, 2/4/12 & Sun, 2/5/12	8:30am - 5:00pm 8:30am - 12:30pm	Normandale - A2566	16895
Sat, 3/3/12 & Sun, 3/4/12	8:30am - 5:00pm 8:30am - 12:30pm	Normandale - A2566	16896

Important Information:

Spring Forest Qigong Level I and II workshops are often scheduled on the same weekend, starting on a Friday and ending on a Sunday. It provides you with an opportunity to maximize your learning especially if you are traveling from out of town. For questions regarding lodging, directions or registration, please contact Normandale Continuing Education at (952) 358-8343.

Spring Forest Qigong Students should wear comfortable clothes, footwear, and dress in layers. Limit or avoid wearing scented lotion, perfume and cologne.

registration for all courses

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

<http://normandale.augusoft.net>

Use your Visa/MC/Discover to register online:

<http://normandale.augusoft.net>

Phone: 952-358-8343

Fax: 952-358-8240

Mail:

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

In Person

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



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

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

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

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

Advertised Discounts:

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

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

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

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

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

Name _____ Birthdate _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

WHEN REGISTERING PLEASE INCLUDE:

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

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

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

Healthcare and Wellness Online Learning



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

New Courses and Certificates are always being added!

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

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

Classes start as low as \$95.



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

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

Stop by Normandale's booth to enter our drawing for a free class. See what's new, meet our staff and explore our innovative offerings for integrative health professionals.



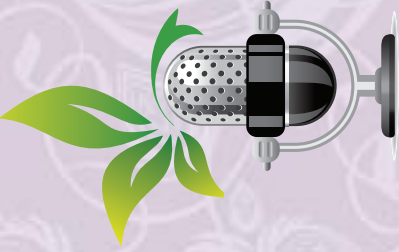
Saturday and Sunday, October 22 & 23
10am to 5pm
Minneapolis Convention Center

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

Dental Health Professional

Normandale offers courses for the dental hygienist and dental assistant to help keep skills sharp and to fulfill continuing education requirements. For our Fall 2011 course offerings, please visit:
<http://normandale.augusoft.net> or call 952-358-8343.





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

See our website for dates, times and links to the show.

Learning Well

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

Sponsored by Normandale's Integrative Health Education Center.

Listen to our first broadcast on September 6 from 6-7pm

SAVE THE DATE

from house to home

Join four nationally recognized speakers and learn how to create beauty, balance, creativity, collaboration, prosperity and meaning in your home. Come and see how you can build a relationship with your home that will transform how you live day-to-day.



Saturday, March 24, 2012 • 8:30 a.m. to 12:30 p.m.

Normandale Community College – Fine Arts Auditorium

Early Bird Special: Register by March 16 for \$49; After March 16: \$59.

Your Abundance Mindset: Cultivating a Richer Life

Are you ready to rewrite your "money plan" so it reflects the richness—body, mind, and soul—you long for?

Presenters: Carole Hyder & Cyndi Dale

Saturday, October 29, 2011 • 8:30am – 12:30pm

see inside cover for details



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COMMUNITY COLLEGE

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