



MIND-BODY SCIENCE & THE ART OF TRANSFORMATION

CSPH 5708

**1 Credit | Spring
and Summer**

Online

**Instructor:
Michele Rae**

Explore how utilizing transformative practices changes in our physical brain, thoughts, beliefs, bodies, emotions and paradigms and create sustainable shifts towards optimal health, wellness and living. This course will include knowledge and discoveries from multiple disciplines including but are not limited to psychologists, scientists, quantum physicist, philosophers, healers, educators. The mind-body research has accelerated dramatically in the past couple decades and will provide you with an opportunity to discover new ways of understanding our human brains and bodies. This in turn provides new insight and innovation into human behavior and sustainable transformative change.

Visit z.umn.edu/CSPH5708 for more information.



Earl E. Bakken Center for
SPIRITUALITY & HEALING

UNIVERSITY OF MINNESOTA