Study Integrative Healing and Wellbeing

FALL 2019 COURSES

- CSPH 1001 Principles of Holistic Health & Healing (2)
- CSPH 1101 Self, Society and Environment: An Interconnected Worldview (3)
- CSPH 3001 Introduction to Integrative Healing (3)
- CSPH 3101 Creating Ecosystems of Wellbeing (2)
- CSPH 3201 Intro to Mindfulness-Based Stress Reduction (2)
- CSPH 3211 Living on Purpose (2)
- CSPH 3301 Food Choices: Healing the Earth, Healing Ourselves (3)
- CSPH 4311 Foundations of Hatha Yoga: Alignment & Movement Principles (3)
- CSPH 4312 Hatha Yoga Philosophy, Lifestyle, & Ethics (3)
- CSPH 4313 Hatha Yoga Teaching Principles & Methodology (3)
- CSPH 5101 Intro to Integrative Healing Practices (3)
- CSPH 5102 Art of Healing: Self as Healer (1)
- CSPH 5111 Ways of Thinking About Health (2)
- CSPH 5118 Whole Person, Whole Community (3)
- CSPH 5225 Meditation: Integrating Body and Mind (2)
- CSPH 5303 Evidence-Based Complementary and Integrative Approaches for Pain Management (3)
- CSPH 5311 Introduction to Traditional Chinese Medicine (2)
- CSPH 5315 Traditional Tibetan Medicine: Ethics, Spirituality, and Healing (2)
- CSPH 5317 Yoga: Ethics, Spirituality, and Healing (2)
- CSPH 5331 Foundations of Shamanism & Shamanic Healing (2)
- CSPH 5341 Overview of Indigenous Hawaiian Healing (2) (Hawaii only)

- CSPH 5343 Ayurveda Medicine: The Science of Self-healing (2)
- CSPH 5421 Botanical Medicines in Integrative Healthcare (3)
- CSPH 5431 Functional Nutrition (2)
- CSPH 5503 Aromatherapy Fundamentals (1) (Hawaii section available)
- CSPH 5513 Living Well, Dying Well (2)
- CSPH 5535 Reiki Healing I (1) (Hawaii section available)
- CSPH 5536 Advanced Reiki Healing II (1) (Hawaii section available)
- CSPH 5541 Emotional Healing & Happiness (2)
- CSPH 5631 Healing Imagery I (2) (Hawaii only)
- CSPH 5642 Nature Heals (3)
- CSPH 5643 Horse as Teacher: Equine-Assisted Activities & Therapies (3)
- CSPH 5701 Fundamentals of Health Coaching I (4)
- CSPH 5703 Advanced Health Coaching Practicum (3)
- CSPH 5704 Business of Health Coaching Practicum (2)
- CSPH 5706 Lifestyle Medicine (2)
- CSPH 5711 Optimal Healing Environments (3)
- CSPH 5805 Wellbeing in the Workplace (3)
- CSPH 5806 Wellbeing & Resilience for Health Professionals (1) (Hawaii section available)
- CSPH 5807 Mindfulness in the Workplace (2)
- CSPH 5905 Food Matters: Cook Like Your Life Depends On It (1)
- CSPH 8701 Health Coaching Capstone (2)

Enrolled students: Register at myu.umn.edu
Visiting students: Register at onestop.umn.edu

Contact Christina at csh-academics@umn.edu for more information