**CSPH 1000** – **001** Music for Wellbeing in Times of Stress and Anxiety (1)
**CSPH 1000** – **002** Social Media and Your Wellbeing (1)
**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** – Introduction to Mindfulness-Based Stress Reduction (2)
**CSPH 3211** – Living on Purpose (2)
**CSPH 3301** – Food Choices: Healing on 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 (2)
**CSPH 5000** – Healing Stories (2)
**CSPH 5101** – Introduction 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 5121** – Whole Systems Healing (2)
**CSPH 5215** – Forgiveness and Healing: A Journey Toward Wholeness (3)
**CSPH 5225** – Meditation: Integrating Body and Mind (2)
**CSPH 5303** – Evidence-Based Complementary and Integrative Approaches for Pain Management (3)
**CSPH 5315** – Traditional Tibetan Medicine: Ethics, Spirituality, and Healing (2)
**CSPH 5317** – Yoga: Ethics, Spirituality, and Healing (2)
**CSPH 5331** – Foundations of Shamanism (2)
**CSPH 5343** – Ayurveda Medicine: The Science of Self-Healing (2)
**CSPH 5421** – Botanical Medicines in Integrative Healthcare (3)
**CSPH 5431** – Functional Nutrition (2)
**CSPH 5521** – Therapeutic Landscapes
**CSPH 5536** – Advanced Reiki Healing (1)
**CSPH 5541** – Emotional Healing & Happiness (2)
**CSPH 5561** – Overview of Creative Arts in Health and Healing (2)
**CSPH 5642** – Nature Heals (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)
**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)*

**REGISTRATION BEGINS:**
April 12 for degree seeking students
April 30 for guest and/or visiting students

*Available only for those enrolled in the Integrative Health and Wellbeing Coaching program*