Study Integrative Healing and Wellbeing

SPRING 2018 COURSES

CSPH 1001 Principles of Holistic Health & Healing
CSPH 1101 Self, Society and Environment
CSPH 3001 Introduction to Integrative Healing
CSPH 3101 Creating Ecosystems of Wellbeing
CSPH 3201 Intro to MBSR
CSPH 3211 Living on Purpose
CSPH 3301 Food Choices: Healing the Earth, Healing Ourselves
CSPH 4311 Foundation of Hatha Yoga: Alignment & Movement Principles
CSPH 4312 Hatha Yoga Philosophy, Lifestyle, & Ethics
CSPH 4313 Hatha Yoga Teaching Principles & Methodology
CSPH 5000 (001) Evidence Based Complementary Approaches for Pain Management
CSPH 5000 (002) Mindfulness in Educational Settings
CSPH 5000 (003) Developing Capacity in Cross-Cultural Engagement
CSPH 5000 (004) Intro to Integrative Mental Health
CSPH 5101 Intro to Integrative Healing Practices
CSPH 5102 Art of Healing: Self as Healer Cultural
CSPH 5115 Cultural Awareness, Knowledge and Health
CSPH 5118 Whole Person, Whole Community
CSPH 5121 Whole Systems Healing: Health & the Environment
CSPH 5201 Spirituality and Resilience
CPSH 5212 Advanced Meditation: Body, Brain, Mind, and Universe
CSPH 5226 Intro to Traditional Chinese Medicine
CSPH 5211 Acupressure
CSPH 5313 Traditional Tibetan Medicine
CSPH 5317 Yoga: Ethics, Spirituality, and Healing

CSPH 5319 Yoga & Ayurveda in India Ayurveda Medicine
CSPH 5343 People, Plants, and Drugs: Intro to Ethnopharmacology
CSPH 5401 Functional Nutrition: An Expanded View of Nutrition, Chronic Disease, and Optimal Health
CSPH 5431 Aromatherapy Fundamentals Applications in Therapeutic Horticulture
CSPH 5503 Reiki Healing
CSPH 5523 Intro to Body & Movement-based Therapies
CSPH 5535 Healing Imagery I
CSPH 5555 Nature Heals
CSPH 5631 Horse as Teacher
CSPH 5642 Fundamentals of Health Coaching II
CSPH 5643 Health Coaching Professional Internship
CSPH 5705 Mind-Body Science and the Art of Transformation
CSPH 5708 Group Health Coaching Wellbeing & Resilience for Health Professionals
CSPH 5807 Mindfulness in the Workplace Food Matters: Cook Like Your Life Depends On It
CSPH 5905 Health Coaching Capstone Project

Register at onestop.umn.edu or contact Erin at fider002@umn.edu for more information