Study Integrative Healing and Wellbeing

SPRING 2022 COURSES

- CSPH 1000 Social Media & 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 the Earth, Healing Ourselves (3)
- CSPH 4311 Foundation of Hatha Yoga: Alignment & Movement Principles (3)
- CSPH 4312 Hatha Yoga Philosophy, Lifestyle, & Ethics (3)
- CSPH 4313 Hatha Yoga Teaching Principles & Methodology (2)
- CSPH 5101 Introduction to Integrative Healing Practices (3)
- CSPH 5102 Art of Healing: Self as Healer (1)
- CSPH 5115 Cultural Awareness, Knowledge and Health (3)
- CSPH 5118 Whole Person, Whole Community (3)
- CSPH 5121 Whole Systems Healing: Health & the Environment (2)
- CSPH 5201 Spirituality and Resilience (2)
- CSPS 5212 Peacebuilding through Mindfulness (3)
- CSPH 5226 Advanced Meditation: Body, Brain, Mind, and Universe (1)
- CSPH 5303 Evidence Based Complementary Approaches for Pain Management (3)
- CSPH 5305 Introduction to Integrative Mental Health (2)
- CSPH 5313 Acupressure (1)
- CSPH 5315 Traditional Tibetan Medicine: Ethics, Spirituality, and Healing (2)
- CSPH 5317 Yoga: Ethics, Spirituality, and Healing (2)
- CSPH 5343 Ayurveda Medicine: The Science of Self-Healing (2)
- CSPH 5401 People, Plants, and Drugs: Intro to Ethnopharmacology (3)
- CSPH 5431 Functional Nutrition: An Expanded View of Nutrition, Chronic Disease, and Optimal Health (2)
- CSPH 5503 Aromatherapy Fundamentals (1)
- CSPH 5555 Introduction to Body & Movement-Based Therapies (2)
- CSPH 5601 Music, Health, and Healing (2)
- CSPH 5631 Healing Imagery I (2)
- CSPH 5642 Nature Heals (3)
- CSPH 5702 Fundamentals of Health Coaching II (4)*
- CSPH 5705 Health Coaching Professional Internship (2)*
- CSPH 5708 Mind-Body Science and the Art of Transformation (1)
- CSPH 5709 Group Health Coaching (2)*
- 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)

Register at myu.umn.edu or contact us at csh-academics@umn.edu for more information.

Registration begins:
November 9 for degree seeking students.
December 3 for guest and/or visiting students.

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