Study Integrative Healing and Wellbeing

SUMMER 2019 COURSES

MAY SESSION

CSPH 5318  Tibetan Medicine, Ayurveda & Yoga in India (Study Abroad Application Required)
CSPH 5431  Functional Nutrition
CSPH 5536  Reiki Healing II
CSPH 5706  Lifestyle Medicine
CSPH 5713  Health Coaching for Health Professionals

SUMMER SESSION

CSPH 3201  Introduction to Mindfulness-Based Stress Reduction
CSPH 5101  Introduction to Integrative Healing Practices (Online or June Intensive)
CSPH 5212  Peacebuilding Through Mindfulness
CSPH 5313  Acupressure
CSPH 5317  Yoga: Ethics, Spirituality, & Healing (Online)
CSPH 5343  Ayurveda Medicine: The Science of Self-Healing (Online)
CSPH 5503  Fundamentals of Aromatherapy (Online)
CSPH 5535  Reiki Healing I
CSPH 5631  Healing Imagery I (Online)
CSPH 5707  Coaching People with Clinical Conditions
CSPH 5708  Mind-Body Science & the Art of Transformation (Online)
CSPH 5712  Health Coaching Skills Advancement

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

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