May Session:

CSPH 5431 Functional Nutrition (2)
CSPH 5536 Advanced Reiki Healing (1)
CSPH 5706 Fundamentals of Lifestyle Medicine (2)
CSPH 5713 Health Coaching for Health Professionals (2)

Summer Session:

CSPH 3201 Introduction to Mindfulness-Based Stress Reduction (2)
CSPH 5101 Introduction to Integrative Healing Practices (3)
CSPH 5212 Peacebuilding Through Mindfulness (3)
CSPH 5313 Acupressure (1)
CSPH 5315 Traditional Tibetan Medicine (2)
CSPH 5317 Yoga: Ethics, Spirituality and Healing (2)
CSPH 5318 Tibetan Medicine, Ayurveda & Yoga in India (4)
CSPH 5343 Ayurveda Medicine: The Science of Self-Healing (2)
CSPH 5503 Aromatherapy Fundamentals (1)
CSPH 5522 Therapeutic Horticulture (3)
CSPH 5535 Reiki Healing I (1)
CSPH 5536 Advanced Reiki Healing (1)
CSPH 5631 Healing Imagery I (2)
CSPH 5707 Coaching People with Clinical Conditions (2)*
CSPH 5708 Mind-Body Science & the Art of Transformation (1)
CSPH 5712 Health Coaching Skills Advancement (1)*

Registration Begins:
February 27 for degree seeking students
March 5 for guest and/or visiting students

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

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