Summer Session:

- CSPH 3201: Introduction to Mindfulness-Based Stress Reduction (2)
- CSPH 3301: Food Choices (3)
- 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 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