



HERMITAGE FARM  
CENTER FOR HEALING

6415 West River Road NW  
Rochester, MN 55901  
(507)272-2528  
[www.hermitagefarm.org](http://www.hermitagefarm.org)

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**Wellness Saturday**  
**Releasing Limiting Beliefs**  
**January 7, 2023 from 10:00 AM-2:00 PM**  
**Limited to 4 people**



**NEW!** Monthly Wellness Saturday Series!  
January Theme - Releasing Limiting Beliefs  
January 7, 2023 from  
10:00 AM-2:00 PM  
By Appointment Only

*Beginning in 2023, Hermitage Farm will offer 'Wellness Saturday' programs on the first Saturday of each month. We will offer healing modalities related to a spiritual theme that will focus balance and restoration to the mind, body and spirit. Participants will have the opportunity to schedule 2-3 treatments during the day and while reflecting on your self-care, enjoy a delicious cup of tea!*



## Schedule a Wellness Saturday appointment:

**Pre-Scheduling is required.** Payment for services can be made by cc, cash or check to each practitioner at the time of the event.

**NOTE - Special Scheduling Link - Schedule Your Wellness Saturday Service through the Link Below**

**Register for Wellness Saturday: Energy Medicine with Diane Anderson at:**  
<https://www.schedulicity.com/scheduling/HFUCQP>

*Energy Medicine Treatment: One hour \$75 with Diane Anderson Reiki Master*

Our limiting beliefs are imprinted from our childhood and past experiences. These beliefs affect our behavior and response to life's challenges, but they do not need to define us. Discover how an energetic healing session can help to identify and release trapped emotional energies and limiting beliefs that are blocking your ability to experience physical, emotional and spiritual well-being. Experience deep relaxation and a sense of inner peace as you release stress, anxiety and pain.

**Register for Wellness Saturday: Massage & Bodywork with Tina Ridler at:**  
<https://www.schedulicity.com/scheduling/HFUCQP>

*Massage therapist: 30-minute message \$37.50 or a 60-minute massage \$75 with Tina Ridler*

Tina will be giving a massage with some "samplers" customized to the client's interest. She will review the client's health form and talk through possible future strategies. The goal is to increase understanding of where clients are in their wellness journey and demonstrate some different massage and spa modalities and show how those may benefit the client and make improvements in their wellness level. Some "sampler" examples might be; Infrared Therapy, Hot Stone Massage, Pillowssage, Neuromuscular Cupping, Trigger Point Therapy, Aromatherapy, and Spa Hand or Foot Treatments.

**To learn more about Diane and Tina, please go to our website under 'Practitioners' to learn more about their healing practices. Please feel free to contact Hermitage Farm with any questions at: 507-272-2528.**