



HERMITAGE FARM
CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 272-2528
www.hermitagefarm.org

**Wellness Saturday
Stress Management
April 1st, 2023 from 9:00 AM-3:00 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:

April 1st: Stress Management

Are you experiencing STRESS in your life???? Of course!! Come to Hermitage Farm to learn new skills to manage the stress...ways to rebalance your energy systems and release the stress with a relaxing massage. Scheduled appointments with Lisa, Diane, or Tina



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: Stress Management Consultation with Lisa Van Getson at:

<https://www.schedulicity.com/scheduling/HFUCQP>

***Stress Management Consultation: One hour \$75 with
Dr. Lisa Van Getson APRN, DNP, CNP***

Lisa Van Getson will be offering Stress Management Consultations. Learn to identify the source and triggers for your stress, how stress creates patterns of behaviors that lead us to the imbalances in our lives. Re-learn your strengths and ways to grow into new balance. RE-connect with how affirmations can bring healing to each new day.

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

Diane Anderson is offering Energy Healing. Your session will focus on deep relaxation to help you release stress and anxiety. A deep sense of calm and peace allows your body to shift to a state of self-healing and harmonious balance. Your session will include extraction of unwanted energetic blockages as well as balancing of the chakras and energy field.

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 offering a 30 or 60 min customized Massage Therapy Session w/Aromatherapy & Cupping



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To learn more about Lisa, Diane or 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.