



**HERMITAGE FARM**  
CENTER FOR HEALING

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

**Wellness Saturday  
Permission to Pause  
February 4th, 2023 from 10:00 AM-2:00 PM**



**NEW! Monthly Wellness Saturday Series!**  
**February Theme – Permission to Pause**  
**February 4, 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: February 4<sup>th</sup>: Permission to Pause

*The beauty of winter brings forth a time to slow down! It can be an invitation to pause and engage in opportunities for self-care. Give yourself permission to slow down and heal. Join us at Hermitage for some Energy Healing and a healing massage. Schedule an appointment with 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: 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 sessions. When you allow yourself to pause, to sink into a state of deep relaxation, your body begins to heal itself. Experience a deep sense of calm and peace through energy healing as you release unwanted energies, stress and anxiety. Energy healing balances the flow of energy through the body systems and chakras and has a positive effect on your overall well-being.

**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 30 or 60 minute customized Massage Therapy Session w/Aromatherapy & Radiant Heat Stones.

**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.**