



HERMITAGE FARM
CENTER FOR HEALING

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

**Wellness Saturday
Manifesting & Visualization
March 4th, 2023 from 9:00 AM-3:00 PM**



NEW! Monthly Wellness Saturday Series!
March Theme – Manifesting & Visualization
March 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:

March 4th: Manifesting & Visualization

Are you eager to create a new dream...visualize a new change in your life? Join practitioners at Hermitage Farm for Holistic Health Coaching-search inside for your hearts dream! Clear your energy system which can help open your heart to see that change that you need. And relax with a deep therapeutic 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: Holistic Health Coaching with Lisa Van Getson at:

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

Holistic Health Coaching: One hour \$75 with Dr. Lisa Van Getson APRN, DNP, CNP

Lisa Van Getson will be offering Holistic Health Coaching sessions that can help to identify/visualize your dream!

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 to help you imagine and live your best life. Thoughts are energy. Experience how your thoughts create images in your subconscious mind and feelings in your body that emit energetic vibrations. When you focus on what you want to experience in your life, the energetic vibration will attract it.

Register for Wellness Saturday: Massage & Bodywork with Tina Ridler at:

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



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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 & Sound Therapy.

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.