



*MidWest Energy Movement
Healing With Joy
Self-Care Series*

*Vagus Nerve & Cellular Memory Release
For Trauma & Stress*

with

Dr Gail Van Kanegan, DNP, FNP, EEM-AP, ARF-CP, Reiki Master

Title: Vagus Nerve & Cellular Memory Release for Trauma & Stress

Date: July 20, 2024

Time: 9:00 PM – 4:00 PM

Location: Hermitage Farm Center for Healing, Rochester, MN 55901

Tuition: \$125

Nursing CE Offered

Presenter: Dr. Gail Van Kanegan, DNP, FNP, EEM-AP, ARF-CP

Eden Energy Medicine Advanced Practitioner & Faculty

Reiki Master

Art of Raising Frequency Certified Practitioner & Instructor

Objectives:

During this 6 hour workshop participants will:

- Advance understanding of how chronic energetic imbalances develop
- Increase knowledge of where imbalances lie within the 5-Rhythms
- Expand knowledge of benefits of Vagus Nerve Activation
- Generate awareness of Hormones supporting Peace & Balance
- Participate in hands on practice of energetic balancing
- Experience Group Chakra Healing Meditation

Agenda- July 20, 2024 9:00 AM - 4:00 PM

9:00 AM – 9:15 AM – Welcome & Introductions

9:15 AM – 10:15 AM- Complexities of energetic imbalances
10:15 AM – 10:45 AM – Hormones generating Peace & Balance
10:45 AM – 12:00 PM – Vagus Nerve role in releasing cellular memory
12:00 PM – 12:45 PM – Lunch Break
12:45 PM – 2:45 PM – Practice with energetic tools for balance
2:45 PM – 2:50 PM – Break
2:50 PM – 3:45 – Group Chakra Balancing for integration
3:45 PM – 4:00 PM - PM Q & A, evaluation