



Triple Star-Energy Medicine Balancing
January 20, 2024
9:00 AM-4:00 PM



This workshop will explore grounding techniques used to bring balance to the ‘Triple Star’ through Energy Medicine balancing skills. Learn the differences between empathic and compassionate behavior and how to re-balance these energies. Participants will practice these re-balancing skills. The Five Rhythm Energy Cycles will be explored and will illustrate how the energetic intra-connection with the meridian energy highways helps the energy flow through the mind, body, spirit and emotional bodies.

Tuition: \$150

Special Tuition rate: \$100 for this class if registered for both workshops: January 19 & 20, 2023
“Healing the Healer” at Hermitage Farm

Presenter: Dr. Gail Van Kanegan, DNP, FNP, EEM-AP, ARF-CP
Art of Raising Frequency Certified Practitioner & Instructor
Eden Energy Medicine Advanced Practitioner
Eden Energy Medicine Faculty

Registration: Email Dr. Gail at healing@drgailV.com or call 507-244-1994
For more information visit www.healing@drgailV.com
6 Nursing CEU's available.

Objectives:

During this 6 hour workshop participants will:

- Advance individual grounding skills
- Learn how to recognize empathic behavior symptoms
- Increase knowledge of Meridian System pathways
- Increase expertise in 5 Rhythm energetic imbalances
- Expand knowledge of 5 Rhythm energetic balances
- Participate in hands on practice of energy balancing protocols
- Experience Group Chakra Healing Meditation



HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 272-2528
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Agenda- January 20, 2024 9:00 AM - 4:00 PM

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

9:15 AM – 10:00 AM- Grounding & Polarities

10:00 AM – 10:45 AM – Empathic & Compassionate Balance

10:45 AM – 12:00 PM – Meridians System

12:00 PM – 12:45 PM – Lunch Break

12:45 PM – 2:45 PM – Five Rhythms Emotional, Physical, Mental & Spiritual Balance

2:45 PM – 2:50 PM – Break

2:50 PM – 3:45 – Group Chakra Balancing

3:45 PM – 4:00 PM - PM Q & A, evaluation