



FOOD AS MEDICINE: CARE OF THE SOUL RETREAT
NOVEMBER 15, 2024: 3:00 PM-9:00 PM
NOVEMBER 16, 2024: 9:00 AM-5:00 PM

This retreat will provide an opportunity for deep self-reflection of self-stress management. Holistic stress management techniques will be explored. Experiences healing modalities will be offered. Participants will develop a self-care plan for learning and creating 'care of the soul'. This retreat will also focus on learning how 'food is medicine' on our healing journey. We will taste and discover the foods that align with the imbalance in the Chakra Energy Systems. Participants can earn 7 Nursing CEU's

RETREAT OBJECTIVES:

Participants will

1. Describe signs of stress, which result in recognizing constellations of balanced and unbalanced coping.
2. Recognize patterns of stress and patterns of dealing with stress.
3. Describe the 7 Chakras and the function of each chakra.
4. Describe how the function of the Chakras are influenced by food.
5. Identify self-care healing modalities to reduce self-stress.
6. Compose a metaphor, which resembles a self-care model for dealing with stress.
7. Design a self-care (Soul Care Plan) plan.

Retreat Facilitators:

Lisa Van Getson APRN, DNP, FNP-C
Katherine Baumgartner DNP, MA, BSN, RN



HERMITAGE FARM
CENTER FOR HEALING

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REQUIRED TEXTBOOK:

Chodron, P. (2001). *The places that scare you: A guide to fearlessness in difficult times*. Boston: Shambhala Publications, Inc. ISBN 1-57062-409-7

Please read the textbook prior to the retreat.

Location: Hermitage Farm Center for Healing
Chakra Lunches is provided. Registration Fee is \$200

Register via email to: hermitagefarm@charter.net

Please feel free to call Hermitage Farm at 507-272-2528 for questions