

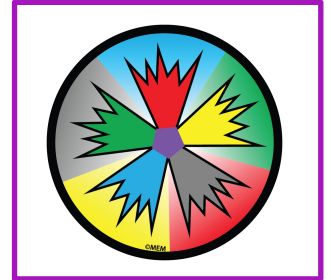


HERMITAGE FARM
CENTER FOR HEALING

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



*MidWest Energy Movement
Healing With Joy
Self-Care Series
*** Triple Star Class ***
with*



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

Title: *** **Triple Star Class** ***

You Think You're Grounded?

Empathic Vs Compassionate Behavior

Five Rhythms: Energetic Intra-Connections at a Deeper Level with Meridians

Date: January 20, 2024

Time: 9:00 AM – 4:00 PM

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

Tuition: \$125- register on website

Nursing CE Offered

Contact: 507-244-1994 Healing@drgailV.com

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

Art of Raising Frequency Certified Practitioner & Instructor

Eden Energy Medicine Advanced Practitioner & Faculty

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
- Participate in hands on practice of energy balancing protocols
- Experience Group Chakra Healing Meditation

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 Practice

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 for Integration

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