



Celebrating New Beginnings

Saturday, August 23, 2025

9:00 am – 5:00 pm



Are you ready to welcome something new into your life?

This immersion event, under the influence of the August New Moon, invites you to awaken to the wisdom of your higher self. Discover your personal power for self-healing and for manifesting what you desire. Experience the transformative power of ceremony and ritual.

This day of meaningful discovery includes:

- Chakra Repairing and Balancing
- Sound Bath Vibrational Healing
- Self-reflection through Guided Meditation
- The Power of Ceremony and Ritual
 - Fire Circle Releasing Ritual
 - Colored Candle/Sacred Offerings Ceremony
 - Anointing Ceremony
- Chakra Smoothies for Nutrition and Energy Healing

What to Bring: Journal, lunch, snacks and beverages. (microwave and refrigerator available)
Please note water, tea and smoothies will be provided.

Cost: \$140

Facilitators:

Gail Van Kanegan, DNP, FNP, APHN, EEM-AP & Faculty, ARF Practitioner & Instructor, Certified Clinical Aromatherapist, Healing Arts Practitioner

Dalia Gamal, MD, PhD, EEM-CLP, Healing Arts Practitioner

Connie Iezzi, BS, MSW, LICSW, Healing Arts Practitioner

Lisa Van Getson, APRN, DNP, FNP-BC, RN, APHN-BC, APNC-BC, MAT. Healing Arts Practitioner and Workshop Presenter

Diane Anderson, MS, RMT, Healing Arts Practitioner, Teacher, and Workshop Facilitator

7 Nursing Continuing Education Credits

Objectives:

1. Employ easy to learn techniques for bringing awareness and balance to your Chakra System.
2. Learn how to activate the Radiant Circuits, the energy system for Joy and Resilience, to provide you with the ability to embrace change and to move forward with positivity, confidence and purpose.
3. Identify the mechanism of action and the benefits of sound and vibrations on the body and mind.
4. Create an image or metaphor which can help you articulate something new in your life.
5. Identify the benefits of Ceremony and Ritual in community and for personal well-being.

To register call 507-272-2528 and mail your check to:

Hermitage Farm Center for Healing, 6415 West River Rd NW, Rochester, MN 55901