



HERMITAGE FARM  
CENTER FOR HEALING

6415 West River Road NW  
Rochester, MN 55901  
(507) 272-2528  
[www.hermitagefarm.org](http://www.hermitagefarm.org)

## *Soothing Sessions for Pairs of People!*

Renew, Rejuvenate, and Restore Energetic Balance Through a  
Shared Healing Experience

*Create Your Paring-* Perfect for partners, best friends, sisters, mothers, daughters, fathers and sons

This offering provides a stress free way to unwind and reconnect through shared healing.

We promote deep relaxation, revitalization, and emotional harmony.

*Customize Your Experience by Choosing Your Two Modalities-* During your session, one participant can choose to enjoy an ***Individualized Sound Healing Experience***- bathed in the soothing tones of Himalayan singing bowls, resonant gongs and gentle chimes- while the other participant receives the session a ***Tailored Energy Medicine Balancing Session***. All sessions are facilitated in collaboration with a skilled, licensed and insured Hermitage Farm Practitioner.

*Connect and Reflect-* Between sessions, you'll come together to relax by fireplace and reflect over a cup of *soothing herbal tea* and integrate peace and harmony within your body.

*Offering Soothing Sessions* on 1<sup>st</sup> Thursday of the Month.

*Energy Exchange:* \$200 each person for 2-Memorable 1 Hour Sessions. \$50 deposit will secure your reservations. Plan on 2 & 1/2 hours total with Connect & Reflect time included.

Contact *One* practitioner below to make your Soothing Sessions Reservations.



MidWest Energy Movement  
MIND • BODY • SPIRIT  
ENERGETIC HEALING SESSIONS & WORKSHOPS

Dr Gail VanKanegan-Energy Medicine  
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*Soul-cial Circles*  
SOOTHE AND SATIATE THE SOUL



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