



Celebrating New Beginnings Spiritual Retreat

Saturday, July 25, 2026, 9:00 am – 5:00 pm



Are you ready to let go of the past and welcome something new into your life? This immersion event invites you to awaken to the wisdom of your higher self for releasing that which no longer serves you as you open the door to a new future. Discover your personal power for self-healing and for manifesting what you desire. Experience elemental healing and the transformative power of ceremony and ritual.

This day of meaningful discovery includes:

- Chakra Repairing and Balancing
- Self-reflection for letting go of past traumas and wounds
- Radiant Circuits Restorative Energy
- Guided meditation for healing the wounded soul
- Sound Bath Vibrational Healing
- Healing through connection with Mother Earth Energies
- The Power of Ceremony and Ritual
 - Fire Circle Releasing Ritual
 - Water Ceremonies for forgiveness, soul recovery, and manifesting

What to Bring: large towel or blanket for lying on the ground, pillow for meditation and sound healing, journal, snacks and beverages.

Salad bar lunch and chakra smoothies will be provided. Water and tea will also be available.

Cost: \$140

Facilitators:

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

Dalia Gamal, MD, PhD, EEM-CLP, Healing Arts Practitioner & Instructor, Published Author

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

Diane Anderson, MS, RMT, Healing Arts Practitioner & Instructor, Certified QHHT Practitioner, and Workshop Facilitator, Published Author

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. Discover and experience the power of healing the body, mind, and spirit through connection with the elements.
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

Please include your name, phone number and email address