



HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507) 281-2791
www.hermitagefarm.org

Transforming Yin to Yang: Harmonize with Nature's Energy of Renewal & Growth Sat. Apr. 3, from 9 - 12 noon

Discover healthy practices for springtime and the Wood Element, based on Chinese Medicine - for emotional and physical wellbeing. Out with the old energy of Winter; begin the cleanse and release allowing for new possibilities.

Cost \$25 - \$45 (sliding scale, you decide)

Presenter: Deah Kinion, Licensed Acupuncturist

Deah has been in practice for over 20 years. She enjoys teaching the self-care practices and sharing the wisdom of Chinese medicine. For more information please visit www.zumbrovalleyacupuncture.com. Deah practices at Lilac Wellness Center in Rochester, MN.

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Energy of Renewal & Growth**

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Make Checks payable to: Deah Kinion

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Fee: \$25- \$45 (sliding scale, you decide)

Name: _____ Phone: _____