

HERMITAGE FARM CENTER FOR HEALING

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

MidWest Energy Movement- 'Share The Energy'

Gail Van Kanegan, EEM-CP

Certified Eden Energy Medicine Practitioner

Presents a Series of Courses for 2012

'Transformation and Healing Through Energy Balancing'

Come and Experience these NEW

'Immersion of Energy'

Series I:

Feb 18: 9am - 4 pm Balancing Your Energy System

March 31: 8:30 am-12:30pm Energy Healing Retreat- Caring for Self!

April 21: 9am-4pm Managing Chronic Pain Through Healing the Energy System

May 8- Part I: 5pm-9pm Healing the Immune System with Energy Medicine

May 9- Part II: 5 pm - 9 pm Healing the Immune System with Energy Medicine

June 2: 9 am - 4 pm Womyn's Health and Energy Healing

\$100 per class (*Note that May 8 & 9 are ONE class*)

10% discount offered on all 5 classes if paid for by Feb 11, 2012

36 hours of Nursing CEU's offered-Class size Limited to 12 participants

Series II:

September 15: 9am-9pm Chakra and Neurovascular Balancing

November 10: 9am-9pm Balancing Energy in Chronic Disease

December 1: 9am-9pm Releasing Stress, Letting Go, and Moving Forward

\$140 per class

10% discount offered on all 3 classes if paid for by Sept. 8, 2012

36 hours of Nursing CEU's offered-Class size Limited to 12 participants

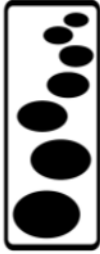
You Can Attend ANY or ALL of the Classes

Even if you have taken classes before these classes contain much new information and have more in depth instruction for you to learn how to care for your self!

A description of each class is below

All classes held at Hermitage Farm Center for Healing

6415 West River Road NW, Rochester, MN 55901, visit www.HermitageFarm.org for map



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To REGISTER for classes: **Mail Registration fee one week prior to class to:**
Gail Van Kanegan, MidWest Energy Movement, 3725 13th Ave SW, Rochester, MN 55902
Send email message with request to gail@MidWestEnergyMovement.com,
if no email, please call and leave message
Contact: Gail Van Kanegan * 507-244-1994*****
www.MidWestEnergyMovement.com

*****Coming to Hermitage Farm in 2013*****
Year One Foundations Eden Energy Medicine Certification Program
Taught by Gail Van Kanegan, EEMCP

Course Description

Series I Courses

Balancing Your Energy Systems

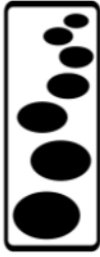
You will learn techniques of the 'Daily Routine' for energy. We will discuss the principles of Energy Medicine, review ALL 9 energy systems and how they work for you. how to access and strengthen each, learn their protection for you, review new ways of grounding, finding balance, and practice lots of grounding exercises. The meridians will be reviewed and you will learn how to trace, activate, strengthen and relax your meridians. Water and healing properties will be reviewed and you will be introduced to the use of crystals in energy work.

Energy Healing Retreat: Caring for Self

Review the 'Daily Routine' and the benefits for your body. Introduce the Aura and how you are protected by it, how to strengthen and cleanse your aura. We will review Water and healing properties. You will be Introduced to the Radiant Circuits and the benefits received by their activation. We will do a Hand massage exchange, Clear negative energies, work with Stress management techniques all the while Empowering yourself for your needs. We will eat and learn about Energy foods and Learn about the 5 elemental rhythms for self balancing. You will be introduced to meditation with practice time and will learn about and receive the famous 'Brazilian Toe' exchange.

Managing Chronic Pain Through Healing the Energy Systems

Review the 'Daily Routine' and the benefits for your body, Water and healing properties review. Discuss Integrative and Holistic therapies that work for pain reduction, Describe effects of acute and chronic pain, Demonstrate and practice Acupressure of meridians for pain control



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Demonstrate Magnet therapy and how to use it safely, we will open channels for pain to leave the body, and practice many techniques for relieving pain. More balancing of the 5 elemental rhythm system and avoid imbalances caused by chronic and acute pain.

Part I: Healing the Immune System through Energy Healing

Review the 'Daily Routine' and the benefits for your body, along with Water and healing properties. We will discuss the definition of the Immune System. We will learn the different parts of the Immune System and Review Immune System Function. This leads to Discussion about Autoimmune and Immune System diseases-The Body's Stress response-Effects of Chronic Stress- and the Energetic Immune System, Incorporation of the use of crystals to activate your immune system

Part II: Healing the Immune System through Energy Healing

Review the 'Daily Routine' and the benefits for your body along with Water and healing properties

More Chronic Stress with Introducing Triple Warmer! Meridians and the Immune System, Balancing Triple Warmer and Spleen, Empowerment and affirmations, learn more about the use of crystals and magnets for immune health.

Womyn's Health and Energy Healing

Review the 'Daily Routine' and the benefits for your body and Water and healing properties. We will learn about Hormone issues, menstruation, perimenopause, menopause, Thyroid function, adrenal glands, cortisol, brain function and hormone regulation, breast and bone health through Energy Medicine. Emotional health and healing with Energy Medicine, More knowledge on how to balance your Five Rhythm Elementals, Energy for Fertility, prevention and managing chronic disease ending with Positive affirmations

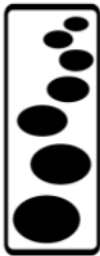
Series II Courses

Chakra and Neurovascular Balancing

Review the 'Daily Routine' and the benefits for your body along with Water and healing properties. You will have an in depth introduction to Chakras, Chakra function, learn and practice how to clear your own Chakras, we will have a Chakra clearing exchange, learn more about Crystals and Chakras and Color and Chakras, Food and , Chakras, You will experience a Chakra Meditation, do Chakra Exercises, Neurovascular balancing, learn Stress reduction with Neurovasculars

Balancing Energy in Depression

Review the 'Daily Routine' and the benefits for your body, and Water and healing properties. Discuss physiological, psychological, emotional, nutritional, and spiritual effects of depression. Review mood



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and emotional involvement in depression & panic attacks, discuss the importance of balance in the Five Elemental Rhythms, practice how to process negative emotions, Hormone Balance practice, Healing the energy system, work with Stress Management, Self Esteem and Positive affirmations

Releasing Stress, Letting Go, & Moving Forward

Review the 'Daily Routine' and the benefits for your body, Water and healing properties. This is all about letting go of the negative in your life and moving forward. You will learn exercises to release negative energy specific to moving forward, Letting go of grief, despair, anger, fear, over compassion, depression. You will learn ways to keep yourself moving forward that are simple yet powerful. We will work with all 9 energy systems. This class is offered in the Season of Metal, the element of letting go and grief. It will be a powerful class as it will be in balance with nature and just in time to Move you through Metal and into Water of Winter!

I look forward to '*Sharing the Energy*' with you and traveling with you through this Exciting "*Immersion of Energy*'

Please Call Gail Van Kanegan, EEMCP

507-244-1994 or gail@MidWestEnergyMovement.com

for ANY questions

Visit the updated web site at:

www.MidWestEnergyMovement.com