



HERMITAGE FARM CENTER FOR HEALING

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

Soul Power Work Out

**Monday's: April 9, September 10 and November 5, 2012
6:30-8:00 PM**

Please join Amy Quarberg RN, MA, CTC Health and Vitality Life Coach in an evening of Soul Power work out. She will create an opportunity to access and get in touch with your own, 'soul power', or inner guidance system, through mindful movement.

Amy Quarberg is a nurse with a Master's degree in Human Development with a focus on spirituality, healing, dance and graceful presence. She is a Certified Therapeutic Coaching from the Meta Institute, Certified HNLP (Humanistic neuro-linguistic psychology), Certified in Hypnosis and Healing Touch Therapy training through Healing Touch International.

Please call Hermitage Farm to register for this event at 507-281-2791.

The cost of this event is \$15.

*****REGISTRATION FORM:*****

SOUL POWER WORK OUT

April 9, September 10, November 5, 2012
(Please Circle which date)

Make checks payable to Hermitage Farm

Mail to: Hermitage Farm Center for Healing
6415 West River Road NW
Rochester, MN 55901

Name: _____ Phone: _____

Email: _____