



# HERMITAGE FARM CENTER FOR HEALING

6415 West River Road NW  
Rochester, MN 55901  
(507) 281-2791  
[www.hermitagefarm.org](http://www.hermitagefarm.org)

## **Soul Power Workout Retreat Saturday, February 25, 2012 9:00 AM-5:00 PM**

Please join Amy Quarberg RN, MA, CTC Health and Vitality Life Coach in a Retreat 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.

\*\*\*\*\*REGISTRATION FORM\*\*\*\*\*

### **SOUL POWER WORK OUT RETREAT**

February 25, 2012

Cost: \$80

Make checks payable to Hermitage Farm

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

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_