



Wellness Retreat
June 9, 2012 9:00 AM-4:00 PM (Lunch included)



It is time to relax and heal? Gift yourself with a spiritual retreat of being in quiet conversation, listening and learning new ways to let go and heal. Reflect on your spirit and how life needs to be ‘quieted’ to slow down and BREATHE. Learn new ways to bring peace and harmony to your daily life. Learn how meditation and spiritual practices can enhance health and healing. Re-member how living a life of imbalance can create illness and dis-ease. Create new ways of living and celebrating life. Create new health goals to bring a deeper awareness of how the mind, body, spirit, and environment are all connected to our whole being.

Presenters: Lisa Van Getson RN, MSN, FNP-BC, DNP (c) Qualifications: Certified Family Nurse Practitioner, Doctorate of Nursing Practice (Candidate), Instructor in Biomedical Ethics, College of Medicine Mayo Clinic Rochester, MN, Masters of Art in Theology and Spirituality, Certified Whole Health Educator and Coach, Reiki Level I & II, Energy Medicine Practitioner

Susanne M. Cutshall, RN, MS, ACNS-BC, AHN-BC, DNP (c)
Qualifications: Certified Clinical Nurse Specialist and Advanced Holistic Nurse, Doctorate of Nursing Practice (Candidate), Certified Whole Health Educator and Coach, Reiki Master

Please read Lisa and Sue’s Bio on www.hermitagefarm.org

REGISTRATION FORM

WELLNESS RETREAT \$100 June 9, 2012

Make checks payable to Lisa Van Getson

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

Name: _____ Phone: _____

Email: _____