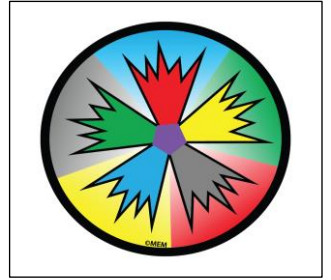


# MidWest Energy Movement

## Healing With Joy

Self-Care Series



## Vagus Nerve & Cellular Memory Release For Trauma & Stress

with

Dr Gail Van Kanegan, DNP, FNP, EEM-AP, ARF-CP, Reiki Master

**Title:** Vagus Nerve & Cellular Memory Release for Trauma & Stress

**Date:** July 20, 2024

**Time:** 9:00 AM – 4:00 PM

**Location:** Hermitage Farm Center for Healing, Rochester, MN 55901

**Tuition:** \$125 Register on web page

**Nursing CE Offered**

**Contact:** 507-244-1994 [Healing@drgailV.com](mailto:Healing@drgailV.com)

**Presenter:** Dr. Gail Van Kanegan, DNP, FNP, EEM-AP, ARF-CP  
Eden Energy Medicine Advanced Practitioner & Faculty  
Reiki Master  
Art of Raising Frequency Certified Practitioner & Instructor

### **Objectives:**

During this 6 hour workshop participants will:

- Advance understanding of how chronic energetic imbalances develop
- Increase knowledge of where imbalances lie within the 5-Rhythms
- Expand knowledge of benefits of Vagus Nerve Activation
- Generate awareness of Hormones supporting Peace & Balance
- Participate in hands on practice of energetic balancing
- Experience Group Chakra Healing Meditation

### **Agenda- July 20, 2024 9:00 AM - 4:00 PM**

9:00 AM – 9:15 AM – Welcome & Introductions

9:15 AM – 10:15 AM- Complexities of energetic imbalances

10:15 AM – 10:45 AM – Hormones generating Peace & Balance

10:45 AM – 12:00 PM – Vagus Nerve role in releasing cellular memory

12:00 PM – 12:45 PM – Lunch Break

12:45 PM – 2:45 PM – Practice with energetic tools for balance

2:45 PM – 2:50 PM – Break

2:50 PM – 3:45 – Group Chakra Balancing for integration

3:45 PM – 4:00 PM - PM Q & A, evaluation