



HERMITAGE FARM
CENTER FOR HEALING

6415 West River Road NW
Rochester, MN 55901
(507)272-2528
www.hermitagefarm.org

Meditation Circle

Tuesdays, Feb. 1, 8, 15, 22

6:30pm – 7:30pm

Guided meditation will be offered each week using various techniques of visualization, chanting, mindfulness, and silence.

People with all levels of experience are welcome.

Cost: \$10 suggested donation

Facilitator: Jana Johnson (<https://www.janajohnsonhealingworks.com>)

Registration: Please email Jana@JanaJohnsonHealingWorks.com