

CENTERING IN COMMUNITY

Monthly, second Wednesday night

7-8:30pm

Hermitage Farm Center for Healing, Rochester, MN

There is no charge for this event, however a donation to Hermitage Farms is appreciated.

Centering in Community: Finding your Breath

September 14; 7-8:30pm

Centering in Community: Gentle Movement to Align Chakras

October 12; 7-8:30pm

Centering in Community: Meditation for Grounding

November 9; 7-8:30pm

Centering in Community: Practicing Gratitude

December 14; 7-8:30pm

*PLEASE WEAR COMFORTABLE CLOTHES THAT ALLOW YOU
FREEDOM OF MOVEMENT. PLEASE BRING: WATER BOTTLE, YOGA
MAT AND/OR BLANKET, JOURNAL/PEN, BROWN BAG LUNCH*

FACILITATOR: TERRI ALLRED, GROUNDED SPIRIT

REGISTRATION REQUIRED BY NOON ON DAY OF EVENT

REGISTER AT WWW.GROUNDED-SPIRIT.COM/WORKSHOPS-AND-RETREATS

