



HERMITAGE FARM
CENTER FOR HEALING

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



Abundant Living Yoga Class 2023

**Dates: 4th Saturday of each month, after each monthly workshop
3:30pm-4:30pm**

This stress-reducing and uplifting yoga class offers conscious, mindful movement linked with breath to safely rejuvenate the body. Props are used to support the body and allow optimal functioning of the joints, muscles, and internal organs. This class also includes sound, hand mudras, guided visualizations, and healing affirmations for body-mind-spirit wholeness.

Registration Fee: \$20

Offered by: Dawn Marie Jacobson, MD

To read Dawn's Biography: <https://hermitagefarm.org/practitioners/>

To Register/For More Information:

Email a message to drdawn@dawnjacobsonmd.com