



HERMITAGE FARM
CENTER FOR HEALING

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



MONTHLY YOGA



A Two-Hour dose of yoga,
meditation, and reiki!

This class will be filled with
restorative yoga/yin yoga,
meditation techniques, breathing
practices, and some gentle reiki.

Starting monthly in January!



**1st Thursday of every month, 4-Class
Series**

7-9pm

\$100 for 4 Weeks

pre-reg required

**destinybreland11@gmail.com to reg or
DM me**