



HERMITAGE FARM
CENTER FOR HEALING

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



MANIFESTING WORKSHOP



Manifest + Digest

This tailored workshop will give you the space to practice yoga, learn manifesting techniques, and be guided through Yoga Nidra to bring your desires to fruition.

please bring a notebook and a goal!



March 9th, Saturday

2-4pm

\$55 for 2-Hr Workshop

pre-reg required

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

