



HERMITAGE FARM
CENTER FOR HEALING

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

MEDITATION MONDAY

ON THE 3RD
MONDAY \$30



JAN/MAR/MAY/
JULY/SEPT/NOV
2024

GROUP SOUND MEDITATION

with Tonal Harmony Healing LLC

GUIDED MEDITATION PRACTICE ACCOMPANIED BY BEAUTIFUL SOUND FREQUENCIES. TAKE YOUR PRACTICE DEEPER AND RELEASE WHAT IS NO LONGER SERVING YOU. RESTORE YOUR BODY'S HARMONY AND BALANCE AND IMPROVE YOUR OVERALL WELL-BEING.

BOOK YOUR
SPOT NOW AT:

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507-218-7854

Crystal@tonalharmonyhealing.com

www.tonalharmonyhealing.com