



Soul-cial Circles

SOOTHE AND SATIATE THE SOUL

SOUND SOOTHER

SOUND BATH
MEDITATION

Join us on the second and fourth Thursdays starting in February at

Hermitage Farms

6415 West River Road NW

Rochester, MN

Experience the relaxing resonance of crystal bowls and try grounding in our standing singing bowl!

Come with mats & any comfort items needed, like blankets, and/or pillows to be able to relax & release.

Chairs will also be available

7:00 p.m.-8:30 p.m.

\$25



Benefits

A sound bath is an immersive, full-body, listening experience that uses sound to create therapeutic and restorative relaxation to soothe the soul, body and mind. The resonant vibration of the crystal singing bowls helps to reduce stress, leaving you feeling refreshed and rejuvenated.

Registration Required

Use QR code or

Email to register or with questions

connect@soul-cialcircles.life

www.soul-cialcircles.life