



**HERMITAGE FARM**  
CENTER FOR HEALING

6415 West River Road NW  
Rochester, MN 55901  
(507) 272-2528  
[www.hermitagefarm.org](http://www.hermitagefarm.org)

# MEDITATION MONDAY

ON THE 3RD  
MONDAY



JAN/MAR/APRIL/  
MAY/JULY/SEPT/  
NOV/DEC 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:

[TONALHARMONYHEALING.COM](http://TONALHARMONYHEALING.COM)

507-218-7854

[Crystal@tonalharmonyhealing.com](mailto:Crystal@tonalharmonyhealing.com)

[www.tonalharmonyhealing.com](http://www.tonalharmonyhealing.com)