



Dawn of Joy Soundscape Session

Fourth Saturday of Each Month

10:00 AM – 11:00 AM

DAWN JACOBSON MD

✦ ABUNDANT LIVING ✦

- ❖ *Do you love to move your body to music but do not resonate with the nightclub/bar scene?*
- ❖ *Do you seek a positive, high-vibe music experience that uplifts your spirit while moving your body with joy?*
- ❖ *Are you looking for a community who gathers with the purpose of transforming the energy in your body, mind, and spirit to manifest the highest good for yourself and the world?*

Join us for the *Dawn of Joy Soundscape Session!*

This uplifting and transformative experience is led by Dr. Dawn Marie Jacobson, MD, who is a musician, integrative medicine physician, and yoga teacher. She intentionally selects a playlist of music that will enliven your body, clear your mind, expand your heart, and bring joy to your spirit.

Cost: \$10 per person for each session

To register: go to <https://www.dawnjacobsonmd.com>
and locate the Store page to reserve your class space

What to expect: an open room with space to move around freely, an overview of the uplifting theme used during the session, a 5-10 minute guided meditation, 30-40 minutes of spontaneous/ free movement, and a few minutes of silent meditation at the end of class

To prepare: go to the Dawn of Joy YouTube channel. There you will find videos that teach a few hand movements used during the session. Set an intention to manifest the highest good for yourself and others who attend the session.

What to bring: a yoga mat or other non-slip mat, small handheld instruments to play along with the music, singing bowls, crystals, scarves, spiritual items that are meaningful to you

What to wear: comfortable clothing that allows for ease of movement

~ The Light in me sees and honors the Light in you ~
I look forward to seeing you at the next Soundscape Session



HERMITAGE FARM
CENTER FOR HEALING

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