



Soul-cial Circles

SOOTHE AND SATIATE THE SOUL

SOUND SOOTHER

SOUND BATH
MEDITATION

Join us on the second and fourth Thursdays from 7:00-8:30 PM at Hermitage Farm Center for Healing: 6415 West River Road NW- Rochester, MN.

Offering of \$25 (cash)

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 be available



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

Email to register or with questions

connect@soul-cialcircles.life

www.soul-cialcircles.life