



HERMITAGE FARM  
CENTER FOR HEALING

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[www.hermitagefarm.org](http://www.hermitagefarm.org)

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## "HEARTFULNESS MEDITATION AT HERMITAGE FARM"



The last Friday of every month 5pm- 6pm. It is free and open to anyone. All donations go to the Farm.

We will start with a **guided Relaxation** to calm the mind and body.

Then we will move into **Meditation** to **Connect with your inner self.**

While meditating we are **Cleaning the Heart** where we let go of emotional burdens. We then end with a prayerful connection to gratitude.

You are welcome to bring your own mat or pillows or blankets.

What is the difference between Mindfulness and Heartfulness? While Mindfulness keeps you grounded in the present, Heartfulness helps you connect with your deeper emotions, enabling a state of both presence and emotional availability.