



Harvest of Stillness: Group Sound Meditation



Monday, November 17, 2025 • 7:00–8:15 p.m.
Hermitage Farm Center for Healing – Rochester, MN

As the season shifts and the days grow shorter, Harvest of Stillness invites you to pause, reflect, and ground deeply in your body and energy. Through a guided meditation and immersive sound frequencies, you will release what no longer serves you, anchor into your center, and connect with the natural rhythm of the season.

Crystal singing bowls, Tibetan bowls, gongs, voice, and chimes weave together to harmonize your energy field, calm the nervous system, and foster emotional balance. This intimate, nurturing evening supports clarity, presence, and a deep sense of inner peace as you transition into the quieter months of the year.

Reservations required due to limited spaces.

