



Into the Quiet: A Pre-Solstice Group Sound Meditation



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

As we approach the Winter Solstice—the longest night and the threshold of returning light—Into the Quiet offers a sacred pause to enter stillness before the turning of the season.

Through grounding meditation and enveloping waves of sound, you'll be guided inward to a place of renewal and calm. Crystal singing bowls, Tibetan bowls, and chimes create a cocoon of resonance, harmonizing your energy field, releasing stagnant patterns, and awakening your inner light.

In the quiet embrace of winter's arrival, this evening supports reflection, presence, and gentle preparation for the return of the light, leaving you grounded, balanced, and attuned.

Registration is required due to limited spaces.
Register at: tonalharmonyhealing.com

