

Winters Gentle Return: Group Sound Meditation

75-minute group sound meditation

Friday, January 23, 2025, at 7:00 PM-8:15 PM at Hermitage Farm, 6415 West River Road, Rochester, MN 55901

As the new year unfolds and winter's stillness settles around us, Winters Gentle Return offers a sanctuary to pause, breathe, and come home to yourself. January invites introspection—a gentle invitation to soften the noise of the world and listen to the subtle wisdom within.

We begin with a grounding meditation to help your body unwind and your mind settle. From there, you'll be guided through a landscape of soothing frequencies as therapeutic-grade crystal singing bowls, Tibetan bowls, gongs, voice, and gentle chimes weave a cocoon of resonance around you. These tones support the release of stagnant energy, invite harmony back into the body, and create spaciousness for inner calm.

In this season of deep rest, you're invited to reconnect with your center, reflect on what you're ready to release, and attune to the grounded clarity that emerges from stillness.

You'll leave feeling centered, spacious, and aligned for the path ahead.

Spaces are limited. Please reserve your space at: tonalharmonyhealing.com



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