



**HERMITAGE FARM**  
CENTER FOR HEALING

6415 West River Road NW  
Rochester, MN 55901  
(507) 272-2528  
www.hermitagefarm.org



## MEDITATION FRIDAYS

With Tonal Harmony Healing LLC  
at Hermitage Farm Center for Healing, Rochester, MN

### SERVICE DESCRIPTION:

Embark on a journey of serenity and self-discovery as we invite you to a multi-instrumental Sound Meditation event guided by healing arts practitioner, Crystal Lilya of Tonal Harmony Healing LLC. Sound healing is an ancient practice that uses vibrational frequencies of sound to promote physical, emotional, and spiritual well-being. Immerse yourself in the therapeutic sounds of gentle gongs, the harmonious resonance of Tibetan & crystal singing bowls, and other therapeutic instruments, creating a symphony of healing vibrations.

The group sound meditation is designed to reduce stress, enhance mindfulness, and promote holistic well-being.



**WHEN: EVERY 4<sup>TH</sup> FRIDAY OF EACH MONTH AT 7:00 PM-8:15 PM**

**LIMITED SPACE . PURCHASE TICKET AT : [TONALHARMONYHEALING.COM](https://tonalharmonyhealing.com)**



[crystal@tonalharmonyhealing.com](mailto:crystal@tonalharmonyhealing.com)



