



2026 Hermitage Farm will offer Yoga
Call Hermitage Farm at 507-272-2528 to register
Time: 5:30-6:30 PM
June 18, 25
July 9, 16, 23, 30
August 13, 20, 27

Heather Earlywine has been practicing yoga for over a decade and completed her 200-hour Yoga Teacher Training Program through The Yoga Practice in 2020. She is currently the Area Activities Director for three Forte Living communities for people 55 and better. Heather holds a Bachelor of Science in Therapeutic Recreation and is certified in Health Coaching.

With experience teaching a wide range of populations, including individuals with autism, children, adults, and seniors at Miss Angie's Place, and children at the SPARK Museum, Heather brings a compassionate, adaptable approach to her classes. She is dedicated to helping community members connect with themselves on a deeper level while honoring each individual's unique abilities and needs.

Class Description

We invite you to join our community for a gentle yoga practice designed to nurture the body and calm the mind. Each session includes a mindful warm-up, simple and accessible poses to support balance, strength, and flexibility, and a relaxing cool-down with a restful savasana. Participants may experience improved mobility, reduced stress, increased body awareness, and an overall sense of calm and well-being. Classes are thoughtfully paced and welcoming for beginners as well as those with prior yoga experience. Chairs, yoga mats, and props are available for students to use, or you are welcome to bring your own.

Session Details

Cost, this is a donation-based series with a suggested contribution of \$10–\$15 per class, and no one will be turned away due to an inability to contribute.

Please contact Heather at Awaken Wellness: awakenwellnesstogether@gmail.com if you have any questions.



HERMITAGE FARM
CENTER FOR HEALING

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www.hermitagefarm.org
