

Join Us on Fri., June 17th at White Barn Healing Arts

Zen Visits 6pm—8:30pm (by donation)

Zen Visits are simply open visiting times at White Barn when you can enjoy some quiet time to yourself. Work with or learn about the Medicine Wheel, walk the Meditation Trail, or take some much-needed “me time” in quiet contemplation, prayer or meditation. You may want to learn how to make prayer ties with tobacco, design your own Tibetan prayer flag and hang it in the woods, or clear away your negative energy with sage.

You can also visit with the rescued animals.

Activities appropriate for ages 18 and over. Ages 15-17 welcome when accompanied by an adult.

Group Outdoor Meditation 7:30pm—8:30pm
(by donation—appropriate for all meditation levels)

Bring a chair or blanket, and enjoy discovering some inner peace and harmony through mudras and guided visualization.

5180 Hayes Rd., Ravenna, Oh 44266 • whitebarnhealingarts.org