

Heart Opening Retreat

The Heart Opening Retreat on the South Shore of Lake Tahoe is May 7-9.

This three-day retreat is at the Zephyr Point Conference Center. The conference offers time for deep introspection, discovering one's heart's desires, participating in silent meditations and song, and opening up to the power of loving one's self, creating a deeper connection to their own language of the heart. The idea is to emerge from the retreat with better resources to handle uncertainty and stress in life.

For more information, contact the Sedona Meditation Training Company (928) 204.0067 or visit www.HeartAwakeningRetreat.com. The cost is \$275 and includes meals. Lodging onsite is additional.