

Unity at the Lake guest speaker

June 27 from 12:30-2:30pm Unity at the Lake guest speaker Kathy Zavada and workshop "Awakening to the Self through Love" at the Tahoe Senior Center, 3050 Lake Tahoe Blvd., South Lake Tahoe.

This workshop is an invitation to recognize, realize and rest in our true nature as love itself. Through deeply conscious music, meditation, self-reflection practices, and loving guidance we will be supported in opening the heart fully, going beyond the mind and story, and feeling the wonder of our true, unlimited self.

Zavada is a gifted facilitator, speaker, teacher, musician, and healing presence who uses her gifts to deeply support the opening of the heart and awakening of the self. Visit her website at www.kathyzavada.com.

For more info, call (530) 544.2266 or visit www.unityatthelake.org.