

Free meditation session

The March meditation put on by Rosemary Manning will be a heart-centered meditation. In addition to calming oneself with meditation, people will learn how to stop energetic leaking of heart energy from the fourth chakra and learn how to create the highest receptivity to positive energy into one's hearts.

The meditation is March 27 from 7-8pm at Tahoe Wellness Center (in the Bijou Center, next to Hot Gossip) in South Lake Tahoe.

The event is free.

For more info, email tahoehealthtouch@gmail.com.