

Meditation workshop in South Lake Tahoe

A meditation workshop to learn how to manage the ever-active mind with love and understanding is being sponsored by Unity at the Lake.

Living a Soul-Centered Life will be theme of Sarah McLean's talk March 19, 7-9pm at Unity at the Lake, 1195 Rufus Allen Blvd., South Lake Tahoe.

McLean is a best-selling author who served as the education director of the Deepak Chopra Center for Well Being. Her methodology of teaching has been fine-tuned from teaching meditation for more than 22 years and she has integrated the best practices from a variety of philosophies.

The cost is \$25 at the door. Book signing and reception to follow.