

# Tahoe Yoga hosting sound immersion event

Nationally known sound healer, educator and author Diáne Mandle will be performing at Tahoe Yoga Shala on Sept. 27 at 7:30pm.

The event will be a sound immersion with ancient Tibetan bowls, gongs and percussion to soothe, inspire and awaken the body, mind and spirit.

The concert is designed to relieve stress, enlighten the mind and bring people into a transcendent state of being.

Mandle is a frequent presenter at the Deepak Chopra Center, the Golden Door and Rancho la Puerta. She has presented workshops for cancer patients and oncologists and has developed a sound meditation program for incarcerated veterans with PTSD.

Tahoe Yoga Shala is located at 585 Tahoe Keys Blvd., Suite F1A, South Lake Tahoe.

Sound immersion is \$25 in advance, \$30 week of event. Bring a mat to lie on. For more info, call 530.543.1400.