

# Learn to meditate for free

Forgotten how to take a deep breath? Need a little down time?

Rosemary Manning is teaching a beginning meditation class Feb. 27 from 6-7pm.

The free class is at Tahoe Wellness Cooperative (in the Bijou Center, next to Hot Gossip) in South Lake Tahoe.

Bring a pillow to sit on.

For more information, email [tahoehealthtouch@gmail.com](mailto:tahoehealthtouch@gmail.com).