

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.