

Meditation workshop in South Lake Tahoe

There will be Mindfulness Stress Reduction Meditation workshop on May 30 in South Lake Tahoe.

Colleen Camenisch has been teaching mindfulness meditation for more than seven years, including a specialty in working with survivors of trauma. She has taught at the University of Massachusetts Center for Mindfulness and at UNR.

This six-hour silent retreat is designed for beginning or experienced meditators. Camenisch will be leading a series of guided meditations that include: mind-body practices, working with concentration, and gentle stretching yoga. The last portion of the program will offer time for participants to have dialogue about the experience and share insights that may have arisen throughout the day. Camenisch will offer suggestions for working with the meditation practice and how to integrate it into our daily lives.

The workshop is from 9:30am to 2:30pm at Unity at the Lake, 1195 Rufus Allen Blvd., South Lake Tahoe. Preregistration is \$50, registration at the door is \$60 with cash or check.

For more information, contact Rosemary Manning at tahoehealthtouch@gmail.com.