

Free EFT, meditation classes in South Tahoe

Rosemary Manning will be conducting two free classes at the Tahoe Wellness Community Center this month.

The first is called a Tap-Aware Party and the second is meditation.

A working knowledge of EFT is best for the Tap-Aware Party, but everyone is invited. The emotional freedom technique event is March 19 from 6-7pm.

The beginning meditation class is March 26 from 6-7pm. A CD of the Dalai Lama's healing chants will be given to everyone who makes a donation.

Tahoe Wellness Community Center is in the Bijou Center in South Lake Tahoe.

For more information on these classes, email tahoehealthtouch@gmail.com.