

# Learn to balance chakras

There will be a chakra balancing class on Oct. 24 from 6-7pm in South Lake Tahoe.

Diane Underwood, a hyperthermia trainer, will give a half hour lecture following the class.

Donations will be accepted.

The chakras are the main energy centers of the body. Their function is to vitalize the physical body and they affect us on physical, emotional, mental and spiritual levels. The size and health of our chakras are influenced by various life experiences.

The event is at 1169 Ski Run Blvd., No. 2 – next to Nepheles.

For more information or to RSVP, call (530) 545.3426.