

Free alternative health sessions in S. Tahoe

Rejuvenate Sauna is offering a series of free classes this month.

- Zyto Compass Bio Surveys (10 minute readings) use state-of-the-art bio-communication technology to discover how to bring your body into balance. Drop-ins welcome every Tuesday and Saturday from noon-5pm with Chris Alper.
- Aroma Touch Technique (30 minute sessions) will help people reduce stress with essential oils. By appointment on Mondays and Wednesday from 6-8pm and Sundays from 1-4pm with Sue Dehnen.
- Integrative Yoga Therapy demonstrations are designed to manage asthma, pain, high blood pressure, as well as many other medical conditions. Drop-ins welcome every Thursday from 3- pm with Charles Whitten
- Learn Emotional Freedom Technique to address the body's imbalances and create wellness. Drop-ins welcome Feb. 11 and Feb. 25 from 6:30-7:30 pm with Rosemary Manning.
- Crystal Singing Bowl Meditation is a way to harness the power of sound. Drop-ins welcome every Sunday from 6-7pm with Chris Alper.

For more information, call (530) 545.3426. Rejuvenate Spa is next to Nepheles at 1169 Ski Run Blvd, No. 2, South Lake Tahoe.