Tapping, meditation classes at Tahoe Wellness Center

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

Tap-Aware Party is April 17 from 6-7pm. It’s free, though donations are accepted.

Meditation For People Who Are Busy, Busy, Busy, Busy! is April 23 from 6-7pm. With a donation of $5 or more people will receive the book “101 Essentials of Meditation”.

Couches are available or bring a pillow to sit on.

Tahoe Wellness Community Center is in the Bijou Center in South Lake Tahoe next to Hot Gossip.

Email tahoehealthtouch@gmail.com with questions.