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Matthew H. Gustafsson, DDS, MS

Dr. Matthew Gustafsson is a Diplomate of the American Board of Pediatric Dentistry



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Rebecca Gelber, MD

## Health & Wellness

Content for the weekly Health and Wellness section is selected from information appearing on the Bonanza's online calendar and e-mail submissions to editor Kevin MacMillan at [kmacmillan@tahoebonanza.com](mailto:kmacmillan@tahoebonanza.com).

### Yoga for Your Mood

Learn yoga techniques to lift your mood; relieve anxiety, stress and fatigue; reclaim your energy and zest for life; reconnect you with yourself and your spirit and help you feel balanced no matter what is going on in your life. Cost is \$10 drop-in; \$50 six-class ticket. Through April 5, Tuesdays, 5:30 p.m. Awareness Village Yoga and Meditation Center, 754 Mays Blvd., Ste. 8, Village Center above Lupita's Mexican Restaurant, Incline Village, 775-298-1663.

### 60 minutes for \$60 at Clearwater Day Spa

For a limited time, Clearwater, 690 N. Lake Blvd., Tahoe City is offering 60-minute massages for \$60 for the months of April and May 2011. Purchase as many as you like. Massages need to be bought by April 15. Save \$50 on each massage during this special. Call 530-583-3141 for information.

### 55+ Snowshoe Hike and Lunch

Join IVGID Senior Programs

for a weekly trek through the beautiful Tahoe landscape, followed by a social lunch at Sierra Nevada College, through March 29. Meet Tuesdays at Incline Village Recreation Center, 980 Incline Way, Incline Village at 10 a.m., four hour trip. Bring your day-pack, camera, water, snowshoes, poles, goggles/sunglasses and winter apparel. Fee is \$16 or \$13 with IVGID Pass and includes hike, transportation and lunch. Call 775-832-1310 or drop in to make required reservations no later than 5 p.m. the previous Friday. Call the Village Ski Loft and mention this program to receive a \$13.50 senior discount snowshoe rental package (snowshoes and poles) Tuesdays, 800 Tahoe Blvd., Incline Village, 775-831-3537.

### Ski Free on your birthday

Diamond Peak offers free skiing on your birthday. For those who have a birthday that lands anytime during April 18-Dec. 16 you get to ski free on March 14. You must show ID. This offer is only valid on March 14, 2011. Call 775-832-1177, visit [www.diamondpeak.com/news\\_events/view/ski\\_free\\_on\\_your\\_birthday](http://www.diamondpeak.com/news_events/view/ski_free_on_your_birthday).

### Register for snowshoe season

Join the Tahoe Rim Trail Association for free guided snowshoe treks every Saturday through the end of March. These snowshoe hikes are great for all abilities. Discover this fun and easy way to exercise and socialize during the winter months in the Tahoe Basin. You must register in advance at [www.tahoerimtrail.org](http://www.tahoerimtrail.org). For more information call 775-298-0012 or e-mail Tom at [programs@tahoerimtrail.org](mailto:programs@tahoerimtrail.org). Saturday, March 12: Free Guided Hike to Page Meadows. TRTA guides to lead you through the labyrinthine Page Meadows, recommended for snowshoe novices as it is only 2-3 miles. This hike begins at 10 a.m. at the top of Silver Tip Drive outside of Tahoe City. Saturday, March 19: Women's Spring Equinox Trek to

Castle Rock. Join TRTA guides on a ladies only hike to Castle Rock to celebrate the vernal equinox.

Come celebrate the coming of spring and make some new friends out on the trail. This hike begins at 10 a.m. at the Kingsbury Grade North Trailhead off of North Benjamin Drive.

### Full moon hikes: members only

Saturday, March 19, Vernal Equinox Full Moon Snowshoe Trek. Not a member of the Tahoe Rim Trail Association? This is a great opportunity to join. Afterward, enjoy a moonlit tromp around Slide Mountain at the north end of the Tahoe Meadows. Celebrate the coming of spring with your friends.

Remember, no flashlights are needed on this short snowshoe hike because the full moon shines brightly on the snow, guiding the way. For further details visit [www.tahoerimtrail.org](http://www.tahoerimtrail.org).

### Family Yoga

Family yoga is a great way to have fun with your kids while learning new yoga poses. Children 5 and up welcome. Affordable and doable for all. Call for more details. Youths and parents love this class at 770 Northwood Blvd., Ste. 6, Incline Village, through May 5, 6 p.m.

Call 530-559-1839 or visit [www.serenipityoga.org](http://www.serenipityoga.org).

### Learn to Ski and Ride Week

Diamond Peak Ski Resort is offering an amazing deal through March 11. Learn to ski or snowboard for only \$29. First timers get a beginner lift ticket, a lesson and rentals for only \$29, a \$40 savings. Available for ages 7 and up; lessons start at 10 a.m. and 2 p.m. Arrive at Diamond Peak at least one hour before lesson time. Learn to Ski and Ride Week offer is not transferable to any other dates.

Visit [www.diamondpeak.com](http://www.diamondpeak.com) or call 775-832-1177 and make Diamond Peak your Tahoe place to ski or snowboard this winter.

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Gerald Schaffer, MD  
Gastroenterology Specialist



Charles Zipkin, MD  
Gastroenterology Specialist

Dr. Zipkin is board certified in gastroenterology and completed his medical education at University of California, Irvine, with fellowship training at University of California, San Francisco. Dr. Zipkin joined Tahoe Forest MultiSpecialty Clinic in 2007.

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