

astrology

Marti Goodban, M.S.W.

Sliding Scale Gift Certificates

541-683-4543
Wild Spirit, Sacred Soul



ASTROLOGY TAROT

Gift Certificates Available

STEPHANIE CHASE
Licensed Minister
(541) 345-5027



Tara Alder

NATIONALLY CERTIFIED COLON HYDROTHERAPIST

Offering colon cleansing and supported fasting in our comfortable, relaxed setting at Alder Brooke Healing Arts

513-7894 • www.alderbrooke.com
317 W. Broadway St. • Suite 117




REIKI & MASSAGE

Reiki energy comes through the practitioner's hands when put on strategic places on the body such as organs and glands. Through day to day stress these areas become overheated and overactive, leading to anxiety and or illness. Reiki can also assist the energy field in the body with proper movement. A luxurious full body massage is included in the Reiki treatment.

1 1/2 - 2 hr. session, \$65

Karuna Gatton LMT
Holistic Massage • Reiki Master
License# 0612 **485-3881**



Four Winds

Center for Body, Mind & Spirit

Drop-in Classes
7 Days a Week!

Extra Gentle
Beginning
Continuing
Intermediate
Ashtanga
Pre & Postnatal


Hot afternoon classes!



Ashtanga Prep

with Sylvie
Fridays 3:30-5:00pm Drop-in

Sylvie guides you through a perfect class for those preparing for Ashtanga practice by working carefully through each pose and how to's of moving through the flow series.



Tone and Strengthen

through a graceful, exhilarating flow!

with Mika
Drop-in Continuing/Intermediate

Wednesdays 3:30-5:00pm

Trained under Ana Forrest, Mika focuses on helping students to develop deep core strength, as well as increased breath awareness and capacity. A challenging yet rewarding class!

1840 Willamette St. 484-6100
www.FourWindsCenter.com



Maintenance / Repair

QUALITY ONLY RENOVATION. Interior and exterior painting, rental maintenance, carpentry. Quality materials and work. 541-302-1639. CCB# 150956.

PAINTING



Quality Work, Reasonable Rates
Local References
Prompt, Free Estimates
Chad Russell Painting
463-8435 • CCB#151380

CUSTOM QUALITY House Painting by ArtTrek. CCB#62677. Faux Finish. Free Focal Wall with Interior. Sterling and Ruth, www.mindspring.com/~arttrek, 683-0626.

Cleaning

EARTHWISE HOUSE Cleaning. Experienced and hard-working. Using eco-friendly products. Call Tammie, 687-1410.

PEGGY'S HOUSEKEEPING. Let me do your dirty work. Thorough & dependable, references. 683-9407.

EFFICIENT HOUSECLEANING with much experience. Excellent references & biodegradable supplies, \$12 hr. 345-5683.

Yard & Garden

FRESH CUT Lawn Care. Total yard maintenance & cleanups. One time jobs, weekly, year round. Reasonable rates & dependable. Call 968-6217.

LET IT GROW! Yard & garden maintenance, spring cleanups, mowing, hauling, weeding, delivery. Organic only. Ron, 913-4723.

HUMAN POWERED MOWING. No motor, no gas! Raking, gardening, removal & hauling. Eco-friendly! Call 683-5414.

ENVIRONMENTALLY SOUND YARDCARE - even the mowing, ask me how. Ongoing maintenance. Mowing, weeding, pruning. All natural. 18 yrs. 915-0074.

LOWEST RATES lawn mowing. Reliable Jon's Handiwork. Mowing, edging, organic gardening. Planting, pruning, hauling, bed prep, cleanup, all landscaping needs. Reasonable rates, since 1996. 302-5758. Licensed, Bonded, Insured.

General Services

CAREGIVER AVAILABLE for in-home care. Caring, dependable, experienced in many levels of care. Including Alzheimer's & dementia. Flexible hours. 747-1208.

DEEP INTUITIVE MASSAGE

Looking for relief for your lower & upper back, neck & arm pain? With strong hands & a creative approach & 18 years professional experience I would be honored to be of help!

DON ST. CLAIR LMT #5404
PH: 710-2263


MONEY-BACK GUARANTEE



Realize Self-Healing with Hypnotherapy

- Prepare for Surgery
- Improve Body Image
- Release Trauma
- Lower Stress, Sleep Well
- Reconfigure Habits

Joe Casey JD, CHT • 484-0608
www.WellnessCoaching.net



CERTIFIED BIKRAM YOGA

INSTRUCTORS

9-10:30am MTWThF
6-7:30pm MTWTh
4-5:30pm Sundays

Eugene, Oregon
Call 349.YOGA




YOGA WEST

3635 Hilyard

The Power of Kundalini Yoga

Featured Class of the Week:
SATURDAY MORNING WOMEN'S CLASS w/Lexy & Tamar Sat. 10:30 AM to 12 Noon

Continuing Drop In Classes Open to All Levels
W 8:30am; M Tu W Th 5:30pm; M 7pm
Women's Classes: Tu 7pm, Sat 10:30am
Saturday Morning Wake Up Call 8:30am
Sunday Evening Series 5-6:30pm
Sat Nam Rasayan Practice Group Th 7pm
Call 686-0432 for recorded schedule



RESPONSIBLE, SKILLED

worker available to do leaf raking, odd jobs, labor, yard work. References. \$10/hr. 434-0628.

YARD AND GARDEN

FAIR QUALITY-WORK
Top references! Call 556-0802.

ROTOTILLING, WEED-eating and pressure washing. Reasonable rates and quality work. Call Jentill Jeff at 338-9607.

DANDILYON GARDENING consultation, design, weeding, mulching, bed preparation, regular maintenance, mowing, hauling. Always organic. Barb, 683-4464.

professional services

Child Care

SUSAN'S AT HOME! Lots of outdoor play & nutritious food. I follow your child's natural learning rhythms. SE Eugene. Licensed. Full & Part-time, 687-3556.

Computer

COMPUTER HELP. Onsite/Offsite, low rates, website and business development. www.RockSolidNetworks.com. 684-4810.

Film/Video

COMMUNITY TELEVISION now offering classes in adobe premiere & documentary production. Call 341-4671, CTV Cable 22 or 29.

Weddings

WEDDINGS PERFORMED by ceremonial minister. Secular & religious ceremonies, vow renewal & domestic partnership vows. Pro-photography services also available. Call 345-2750 for quote.

CREATIVE WEDDINGS. Ceremonial Ministers Registry. Civil, interfaith, ethnic. Consultations. Bilingual - Spanish. 541-915-5723, 541-688-0665.

Financial

METROPOLITAN MORTGAGE & Securities Co., Inc. buying seller-financed mortgages through brokers since 1953. To broker a note, call 1-800-268-9184. Visit us online at www.metrobuysnotes.com. (AAN CAN)

Language

PRONTO SPANISH and other languages. Native-experienced instructors. All levels. 7-8:30 pm. 6 week course \$55. 485-6647.

Personal Services

"MAGNUM OPUS" Do you need another you? From Alpha to Omega. You are valuable call! 541-434-0867.

Colon Health

SUNRISE COLONICS. Colon cleansing in safe, supportive, clean environment. Certified Colon Hydrotherapist. Affordable rates. By appointment. 484-6224.

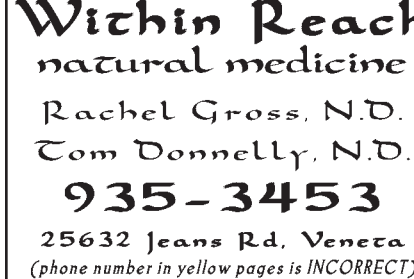
Within Reach

natural medicine

Rachel Gross, N.D.
Tom Donnelly, N.D.

935-3453

25632 Jeans Rd, Veneta
(phone number in yellow pages is INCORRECT)



Have You Tried ACUPUNCTURE?

It Could Be The Answer.

JADE SCREEN CLINIC

344-8088



Relieve the Pain

Trust the Ancient Ways of Acupuncture

- Arthritis • Stroke Paralysis
- Headaches • Back / Neck Pain
- Depression • Asthma
- Car & Sports Injuries among others.

National Certified & State Licensed
Julie (Qiuling) Fu, L.Ac., M.Ac.

- Graduate of China Medical University
- Master's Degree in Acupuncture from Liaoning College of TCM
- Physician in China
- In practice for over 10 Years

FREE CONSULTATION

CHINESE ACUPUNCTURE CLINIC
MEDICAL DENTAL CENTER #2
1755 Coburg Rd. • 8:30-5 M-F • 343-6045



Groups

REDEFINING SUCCESS and self-esteem in the context of environmental sustainability & conscious social evolution. Group now forming. 4-hour workshop. 747-6677.

Health & Nutrition

GET HEALTHY & wealthy with Bob Barefoot's Original Coral Calcium as seen on TV, at low distributor prices. Order today at 888-55-CORAL or www.libertyfit.com! (AAN/CAN)

Massage

WELLNESS MASSAGE, Injury management. Relieve stress & pain with Therapeutic Deep Tissue, Swedish, and Hot Stone Massage. \$40/hr. Ins, Gift Cert. Shannon Hoell. LMT#8236. 345-1985, 968-2390.

MASSAGE, CHIROPRACTIC, pain relief, facials, manicures, herbs, vitamins, gift certificates, REJUVENATION HEALTH SPA, 349-0540 www.rejuv.org

HEALING MASSAGE. Deep tissue, pain/injury recovery, soothing relaxation, gift cert. LMT#7521, Robin Puce, 344-8671.

HEAVENLY TOUCH Massage. Treat yourself. River Road office. Flexible days & hours. Diane Whiffin, LMT#9736. H:461-5950.

SPECIAL OFFER. 1st time clients therapeutic massage, \$30/1 Hour or \$50/2 (1 Hour) massages. Neuromuscular therapy, pre- & post-natal, reiki & relaxation. Jenny Zoppo, LMT#10170, 607-1824.

CARING SPA quality massage, bodywork at its best. Hot rocks, oils, steaming towels. Lic. #18090 431-7095 www.geocities.com/caringspa

IRS SPECIAL: \$30/hr massage. Your location. 20yr. LCC massage instructor. Byron, BA, CSPA cert. Gerontologist. LMT#696, 342-8321.

ELECTIC INTUITIVE massage (#5219) lifts your spirit. Reduces stress. Releases pain to your bodies welcoming. 30 yrs. exp. 541-689-7672.

Stress Relief

NO ONE willing to pamper your tired and aching feet? Treat yourself to a relaxing aromatherapy foot bath. Downtown Eugene location. Saturday appts. available. Telephone 521-8181.

Bodywork

JIN SHIN JYUTSU. Gentle acupressure, \$80. Relaxing, healing & stress reducing. Patricia Frances. 935-4253.

DHARMA MASSAGE Center. 343-2745, M-F Morning discount, 1-1/2 hours, \$45, 34th & University, Ms. Nishan VanAtta, LIC#3430.

MAKE A NAME for your business. Advertise in Eugene Weekly classifieds. Call 484-0519.

Meditation

DAY-LONG MEDITATION retreat. April 26, Springfield locale. Info www.efn.org/~timbl/32.htm or call David at 484-9386.

FIND PEACE, power and purpose through meditation. 5 session series. 343-5252. Course is priceless, therefore, free.

Kamala Quale, MSOM, LAc

Mind & Body Medicine

- Acupuncture
- Acupressure
- Chinese Herbs
- Hakomi Counseling
- Qigong

345-2220
1902 Jefferson, Eugene




Natural Medicine for...

Challenging Health Conditions

David BOVE ND, LAC

- Naturopathic Physician
- Licensed Acupuncturist

Doctoring with a Natural Difference.
683-2126



Reconnective Healing®

and The Reconnection

Experience healing beyond anything you've read about, thought about, dreamed about.

Reconnective Frequencies...

- Connect to the natural energy gridlines
- Enhance spiritual and evolutionary advancement
- Enhance and fuel renewal functions of the body
- Increase vibratory levels for healing & development

While each experience is unique, many report healings from afflictions including depression, cancers, Fibromyalgia, and AIDS-related diseases.

Heal Your Life • Schedule Your Appointment Today
Renee Sherman, Practitioner 684-3850
For more information, visit www.TheReconnection.com