


CERTIFIED
BIKRAM YOGA
 INSTRUCTORS
 9-10:30am MTWThF
 6-7:30pm MTWTh
 4-5:30pm Sundays
 Eugene, Oregon
 Call 349.YOGA



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**



Eco-Village in BRAZIL
 Slide Show Presentation
 by Kamala Quale, LAc
 Learn about upcoming
 Eco-Tour/Yoga Vacation
Wednesday, May 28, 7:00pm
 Easter Seals, 3575 Donald St.
 Contact: Kamala at 345-2220
 Suggested donation \$10



Four Winds
 Center for Body, Mind & Spirit
Beginning Yoga Series
 with Michele Bulgatz
Thursdays 5:30-7:00pm
May 22- July 10 Cost: \$50 for 8-week series
 Pre-registration/Pre-payment required.
 It fills up quickly - Call **484-6100** or send email now! info@fourwindscenter.com
Also
Drop-in Classes 7 Days a Week!
Start anytime!
 • Extra Gentle • Intermediate
 • Beginning • Ashtanga
 • Continuing • Pre/Postnatal
1840 Willamette St. 484-6100
www.FourWindsCenter.com



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 It Could Be The Answer.
JADE SCREEN CLINIC
344-8088




Healing & clearing memories from the past for a **healthier, happier YOU!**
 Call **686-LOVE**
Patricia Robinett
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Ahhhhh...
Massage Special
\$35 first time massage (\$50 regular price)
 Relieve aches, pains, stress, anxiety, tension, sciatic pain, etc., using Somatic Communication with an eclectic approach.
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 GIFT CERTIFICATES AVAILABLE
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 Experience healing beyond anything you've read about, thought about, dreamed about.
 Reconnective Frequencies...
 • Connect to the natural energy gridlines
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 • 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

Inhale Life
 Inhale Life is about you. Meditate and Journal to discover personal sanctuary, a place to reflect & reunite.
 Inhale Life is about finding peace. Regain hope & meaning after loss in a safe & supportive space.
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 • Grief Support
 • Journaling & Meditation Workshops
 • Reiki

ew Classifieds

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 now offering classes in adobe premiere & documentary production. Open house first Tues., 6-9pm. Call 341-4671, CTV Cable 22 or 29.

Financial
\$\$\$CASHSSS Immediate cash for structured settlements, annuities, real estate notes, private mortgage notes, accident cases, and insurance payouts. 800-794-7310 (AAN CAN).

Language
POUR L'AMOUR de le dire French, all levels. Unique way to use common French. Native experienced teacher. Intro free. 349-8942.
PRONTO SPANISH and other languages. Native-experienced instructors. All levels. 7-8:30 pm. 6-week course \$55. 485-6647.

Pet Care
NEED SOME HELP WHILE YOU'RE AWAY?
 • Pet Care
 • Housesitting
 • Cleaning
 First 1/2 Hour Free
 Call **653-2850** for appt.
 Professional References

Photography
EVENT PHOTOGRAPHY. Weddings & special occasions. Limited time offer - complete event coverage for 1 low, all-inclusive price. Call 342-3152 to reserve your event date.

Weddings
CREATIVE WEDDINGS. Ceremonial Ministers Registry. Civil, interfaith, ethnic. Consultations. Bilingual - Spanish. 541-915-5723, 541-688-0665.
CREATING & performing ceremonies that combine universal spirit & individual belief. Shoshannah Crow, 684-8911.

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

Classes
HERBAL MEDICINE Makers Class: Learn to make herbal medicines in this 6 part class. Starts 5/21. For details see herbaltransitions.com or call 736-0164.

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

Massage
NEW CLIENTS, first massage \$30. Sports massage, trigger point therapy, Swedish/relaxation. In my studio or in your home. On site chair massage also available. Kate Custer LMT (#10492) 302-1205.
MASSAGE, CHIROPRACTIC, pain relief, facials, manicures, herbs, vitamins, gift certificates, REJUVENATION HEALTH SPA, 349-0540 www.rejuv.org
WELLNESS MASSAGE, Injury management. Relieve stress & pain with Therapeutic Deep Tissue, Swedish, and Hot Stone Massage. \$40/hour. Ins, Gift Cert. Shannon Hoell. LMT#8236. 345-1985, 968-2390.

OM SHANTI massage for health & peace. Professional swedish, deep tissue, yoga massage. LMT #7488. Call Shanti, 870-2774.
LAST CHANCE for an Eletic Intuitive Massage (#5219) serving Eugene since 1994 30 yr apprenticed healer 689-7672.

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

Pregnancy Support
CHOICES in childbirth. Natural birth preparation classes. All family configurations welcome. Call Bess, 607-0487.

Tarot
SPIRITUAL, INTUITIVE tarot reader. \$2/min. I also teach tarot classes. Patricia Frances, 935-4253.

rentals
Apts. for Rent
1-BDRM, newly renovated, \$425/mo. Ground floor, 787 VanBuren, NP, NS. Avail now. 685-9517.
2-BDRM APARTMENTS for rent in Springfield, \$450/mo. On-site laundry/manager. On bus line. Neighbor to Moffit Elementary. Nearby shopping. Contact Alexis at Mainstream Housing: 484-4868.

1 PERSON cottage. \$475/mo. Quiet, near UO. Long term. NS, no dogs. Ref required. 343-2884.
BE YOUR own landlord! EBHC is looking for community-minded individuals/families interested in cooperative living. Section 8 OK! No application fee! No more cats/dogs. Call for information, 683-0745.

2-BDRM 1-BATH, E. 19th. Close to UO, avail. immediately. Music students? \$585/mo. Less in summer. 485-1903 or 912-1685

Duplexes for Rent
S. AMAZON Duplex, 3-bdrm, 2 bath, fam. rm, garage, deck. \$875/mo. + dep. NP, NS. 228-6777 or 541-754-0521.

Homes for Rent
CHARMING COUNTRY home near Lorane (40 min to Eugene). 2-bdrm, 1 bath. Peaceful sanctuary on 30 shared acres. Garden, nature trails, river. NS. \$800/mo. 767-0583.
SANCTUARY NEAR Lorane (40 min to Eugene). 24' Oregon Yurtworkd on 30 shared acres. Sauna, creek, nature trails, garden. Separate kitchen/bath/studio. \$500/mo. NS, 767-0583.

COTTAGE GROVE. Beautiful 2-story home in the country on 1,200-acre ecological village. Mtn. & lake views. 3/4-bdrms, 2 bath, all appliances, large deck. Organic garden available. NS inside, NP or horses. \$1100/mo. + dep. Avail 6/1. 343-9648.

CABIN FOR RENT. Beautiful, secluded, 30 acres. Creswell, NP. \$300/mo. For details, 949-212-3696.
PRIVATE COUNTRY home on 3 acres. Lovely setting, remodeled 3-bdrm, 1100 sq ft + basement. Fenced & cross-fenced. 2 story 40x60 barn. All organic. 87164 Muirland Lane off Fleck Rd in Veneta. 12 miles from downtown. \$990/mo. or make offer. 935-4123.

RESTORED COLLEGE hill bungalow. 1-bdrm, den, 1 bath, gardens. Flier onsite. 20th & Lincoln, Eugene. \$825/mo. + utilities. 343-6645.
STUDIO, VERY large. Very quiet, close, radiant heat, newer, cozy, very private, skylight. 1st/last/dep. \$495/mo, NP 344-1964.
EXCEPTIONAL 3.5 bdrm house near Rode gardens. \$900/mo. + utilities. No dogs, NS, shared laundry. 345-0828.

Shared Housing
VEGETARIAN HOME with room, bath, hot tub, nice yard. Tolerant, earth-friendly female preferred. \$325/mo. + utilities. 461-0511.
2-BDRMS for rent. South hills. \$235/mo each. First, last, \$200 deposit. Smoking ok, NP must be stable, mature and gay friendly. 687-1382, Debbie or Gina.
FOREST SANCTUARY, close-in. Very rustic living. Quiet space away from house. \$275/mo. NA, ND, NS. 345-4139.
PART-TIME DAD seeks mature person. Big room near Rose Garden. \$300/mo. + utilities. \$275 deposit. Some storage. Available June. Call 345-1584.
NICE VIEW. Share townhouse in the pines with female & two cats. Pool, jacuzzi, W/D. \$300/mo. + EWE. NS, NP, 554-1170.
COMMUNITY HOUSEHOLD. Nice 9-bedroom co-op, near parks/bus/campus. Shared dinners. Seek responsible, clean housemates w/good communication skills, and eco-sensibility. Openings 6/1 & 7/1. \$325/mo. + utilities. 484-1156.
FEMALE ROOMMATE preferred to share nice 4-bdrm, 2-bath house near Autzen. \$350/mo. + 1/2 utilities. 606-6888.
SEEK MATURE individual. Furnished home, private bdrm. \$375/mo. Inclusive W/D, utilities, phone. NA, NP. Bethel-Danebo. 688-9153.
LARGE 3-BDRM apartment seeking roommate. 1 block from campus. Pets accepted w/dep. \$250/mo. 541-520-9155.
BEAUTIFUL 1902 home. Central location. Sunny room, skylights, \$300/mo. + utilities. NP. 342-2853, Wally.
TWO VEGETARIANS seek housemate to share beautiful South Eugene home. \$325/mo + util, dep. No pets. 683-8271.
I WANT to share my 4-bdrm, 1.5 bath w/friendly vegetarian woman. Near bike path to UO & bus. W/D, big living space & garden, storage. 3 rooms, \$300-\$375/mo. +. NP, NS. 345-7656.
ROOM IN house w/3 recycling minded people. Friendly neighborhood. Wood heat, W/D, female preferred. \$250/mo. + \$250 dep. & utilities. 345-6021.
HOUSEMATE(S) NEEDED. Share spacious house in Ferry St. Bridge area. Sunny, HW floors, garden, desk, W/D. \$350/mo + 1/3 utilities. 686-3337.

Nia
Classes to Live Music!
Janet Hollander • 747-3850
 Classes at Four Winds - M & W 5:30



Louise Jones, M.Ed.
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The Power of Kundalini Yoga
 A One Day Meditation Workshop
WHITE TANTRIC YOGA
 Sat., May 17 8:30am-6:30pm
 Downtown Athletic Club
 Call 344-6496 for more details.
 On-Going 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

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