

Inhale Life

Inhale Life is about you. Meditate and Journal to discover personal sanctuary, a place to reflect & reunite.

Journaling Workshop

TUESDAYS JUNE 3 - JULY 8
10am - 1pm • \$150 sliding scale

Valerie Gomes-Pereira
BEREAVEMENT FACILITATOR • REIKI PRACTITIONER
687-6740 • www.inhalelife.com
3225 Willamette St. Suite 3-D

YOGA WEST

3635 Hilyard
The Power of Kundalini Yoga

NO CLASSES MEMORIAL DAY

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

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 Bulcetz

Wednesdays 7:30-9:00pm
June 4- July 23 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

Can't wait? Start anytime!

Drop-in Classes 7 Days a Week!

Non-competitive and Supportive Environment

Extra Gentle
Beginning
Continuing
Intermediate
Ashtanga
Pre & Postnatal

Upcoming schedule changes

Mondays Beginning Yoga
will be with **Lynne** at 9:15am as of **June 2**

Wednesdays Gentle Yoga for Women
with **Donna** will be at 9:15am as of **June 4**

Fridays Continuing Yoga
with **Donna** will be at 9:15am as of **June 6**

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

SHAMANIC HEALING

Shamanic Healing addresses the spiritual aspects of physical, mental and emotional illness. It works well in conjunction with traditional and/or alternative health care practices. Possible symptoms calling for Shamanic Intervention are:

- not feeling whole • "part of me left" or "I haven't been the same since"
- chronic illness, depression or fatigue • addictions
- feelings of possession, darkness, or alienation

A one time Healing Empowerment Ceremony can address the issues & restore the integrity of the soul force. There is also a monthly drumming & journey circle to support your ongoing process.

Karuna Gaffon
Shamanic Practitioner for over 10 years in Eugene
Holistic Massage • Reiki Master
License #0612 485-3881

Have You Tried ACUPUNCTURE?

It Could Be The Answer.

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ULTIMATE FITNESS

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- Post rehabilitation fitness training

KATHY STEWART-BRONSON, LMT, NCTMB
NATIONALLY CERTIFIED THERAPIST
975 WILLAGILLESPIE RD
STE 202B
EUGENE, OR 97401
915-3560 LIC #8257

Tara Alder

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\$35 first time massage (\$50 regular price)

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- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

334-6855

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
- Enable 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

ew Classifieds

Computer

JOHN WATERS. Certified PC tech. Software problems, hardware setups. Upgrades & repairs. \$25/hr. Cell, 683-1248.

PAGE-BOTELHO Computer Services, Inc. PC repairs, upgrades, troubleshooting, home networking. On/Offsite. Mark, 349-9310

Yard & Garden

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

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.

APPLES TO HERBS. Call Jason to fulfill all your yard maintenance needs. Mowing, weeding, hauling, pruning, trimming, gutters & more! One-time to weekly service options. Professional & eco-friendly service. 653-1821.

OUT OF THE Blue Garden Care. Spring is here! Pruning, weeding, mulching, maintenance. Design consultation. Organic. Katharine, 510-0926.

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

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

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

FAST RELIABLE service. Does (almost) all. Mow, weedeat, prune, haul, fix, dig/load, pres. wash. Also, eco-lumber. Keith 913-5119.

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

Bicycle Repair

MOBILE BICYCLE repair & parts. Tune-ups start at \$20. 15+ yrs Pro-experience. 541-334-8485, 24 hrs. worldcyclist@earthlink.net

Film/Video

VIDEO PRODUCTION Classes! Community Television now offering comprehensive courses in studio, field, analog, digital editing. Call 341-4671. CTV-CH22.

Financial

NEED A LOAN? Try debt consolidation! Cut payments to 50%! Bad credit OK. No application fees!! 1-800-863-9006, ext. 838. www.help-pay-bills.com. (AAN CAN)

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

Language

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

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

CREATING & PERFORMING ceremonies that combine universal spirit & individual belief. Shoshannah Crow, 684-8911.

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. SUSAN'S SUMMER CAMP, \$150 / week. Pre-register. 10-hour day; includes 3 meals & 2 snacks. Backyard theatre, crafts, gardening, nature & fun! Ages 2-9. 6/16-8/29. 687-3556.

Wellness

Bodywork

SPACE AVAILABLE! Includes kitchen, bathroom, waiting room. Quiet location at Center for Integrated Massage. PT/FT, 687-6431.

DEEP TISSUE MASSAGE

Bach Flower Homeopathics
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real estate

25147 E. HUNTER, Veneta. 1940s 2-story. Over 1700 square feet on large, maybe subdividable lot. Asking \$119,900. Motivated seller. Bring any offer. Homeland Realty, 343-4411.

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

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.

ADD YOUR LOGO to a line ad and get noticed. Only \$24/inch. Contact Eugene Weekly for more details. 484-0519.

Studio for Rent

FUNKY STUDIO apartment, AC, W/D access. Great country location. Horse possible, \$450+/mo. 747-6680.

MASSAGE THERAPIST wanted to join small collective in comfortable office. Not cheap, but perfect for the right established practitioner or skilled confident newcomer. Female preferred to compliment 2 males, but will consider men. 342-5775, Jeff.

HOLISTIC HEALING space for sublease. Healing downtown location. Further info., 349-0202.

Apts. for Rent

PRIVATE GARDEN apartment in family home. Quiet, woody S. Eugene. 840 sq. ft. Garden, private entrance, laundry, near dog park. Dog or child considered. \$600/mo. Call 686-8741.

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 Moffitt Elementary. Nearby shopping. Contact Alexis at Mainstream Housing: 484-4868.

SWEET 2-BDRM apt with small sunporch, upstairs of Victorian house. Shared garden, courtyard. Near downtown. No pets, no smoking. Available June. \$565/mo. 689-1738.

1-BDRM downtown, \$395/mo. Close to bus/laundry. Off-street parking, some utilities. Pet? 1146 Washington 684-0176.

LARGE LIGHT studio apt. upstairs in nice old house near downtown. Basement storage. Water/garbage paid. Available June. No pets, no smoking. \$450/mo. 689-1738.

Pregnancy Support

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

Ritual

WOODHART: WAYS OF OLDE
A One-stop Shoppe for Earth-based Ritualists.
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684-0800
782 Blair Blvd. (8th & Monroe)
Open 11-7pm, Mon-Sat.
Daily: Tarot readings, books, candles, statues, incense, crystals.
Classes: Way of the Mystic (Mondays), Tarot Series (Thursdays), Elements of Magic (Fridays).
Events: Moon ritual (1st Wednesday), Movie Night (Last Tuesday in May), Live Music May 31.

Tarot

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

ROLFING

Karen Lackritz
CERTIFIED ADVANCED ROLFIER
CERTIFIED ROLF MOVEMENT PRACTITIONER
Therapeutic Yoga classes available for clients

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