

**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) 913-6008.

**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.

**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.

**SEE THIS AD!** If you are reading this, you know a line ad in Eugene Weekly classifieds gets noticed. \$2/line, 4 line minimum. We also offer line ads with logos for \$24/inch. Call 484-0519.

**Pregnancy Support**

**OFFERING PRECONCEPTION** and childbirth education classes. Strengthen your faith in birth. Providing positive and healthy tools to empower couples and families during pregnancy and childbirth. Doula support also available upon request. Call Lennon 434-0100.

**Tarot**

**NO RUSH**, taped tarot. \$10 first question of reading, \$5 per additional question. Morae, 514-2135.

**rentals**

**Commercial Rentals**

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

**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.

**Apts. for Rent**

**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.

**Homes for Rent**

**WATER WHEEL** house converted into cozy secluded cabin. 1/2 hr from town. Share bath, kitchen, laundry in separate cabin. Nine wooded organic acres \$500/mo., 937-3754.

**3-BDRM HOUSE**, fenced yard, good loc. W/D, fireplace, NS, ND, Sorry, no pets. Avail 5/15. \$700/mo. + dep. 344-8565.

**STUDIO, VERY** large. Very quiet, close, radiant heat, newer, cozy, very private, skylights. 1st, last, dep. \$495/mo, NP 344-1964.

**CABIN FOR RENT**. Beautiful, secluded. Creswell. NP \$300/mo. For details, 949-212-3696.

**Shared Housing**

**SHARE SPACIOUS** home. Bdrm + large attic storage, cable, phone line. \$330/mo. + 1/3 utilities. 463-1063.

**NICE VIEW**. Share townhouse in the pines with female & two cats. Pool, jacuzzi, W/D. \$300/mo. + EWEB. NS, NP 554-1170.

**VEGAN ECO-COMMUNITY** forming on 75 beautiful, creek-side acres, 35 mi. south. Organic garden, permaculture, greenhouse, fruit trees, ponds, meadows, forest; hot tub/warm pool soon. Living raw foods, deep communication, healing retreats. Build simple dwellings, share community buildings. 431-1663.

**LARGE ROOM**, quiet, close, private, secluded, W/D, garden, fireplace, mature, balanced, decks, newer, NP \$295/mo. 344-1964.

**SANTA CLARA**. Furnished house, 1 dog, Prefer community-minded, clean, financially stable. NS, pet? \$280/mo. + depts. 461-8561.

**ROOM FOR** rent in 3-bdrm house close to campus. Large room & yard, garden space. \$325/mo. +1/3 utilities & \$170 dep. 684-0794.

**SHARE 2 BDRM** house in quiet SE neighborhood. Close to everything. Fireplace, wood floors, natural gas, W/D, big windows, back yard, garage/storage. Female preferred. NS, NP \$375/mo. 343-7858.

**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.

**SHARE 2-BDRM** in quiet hood. Yard, organic garden. Mellow, friendly, musical. Herb compatible. \$280/mo. 689-4756.

**SW HILLS**. Share 3-bdrm, 2 bath home. W/D, phone, garage, yard, bus. \$450/mo. master suite, deposit, 1/3 utilities. 341-1795.

**LOVELY HOME** in Santa Clara with cool folks. Seeking roommate. House has HW floors & fireplace. Large backyard with fruit trees, organic garden, & hot tub. Pet negotiable, NS. \$250/mo. + 1/4 utilities. 688-9404.

**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**

**Have You Tried ACUPUNCTURE?**

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

**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](http://www.WellnessCoaching.net)

**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](http://www.alderbrooke.com)  
317 W. Broadway St. • Suite 117

*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.  
**Megan's Healing Hands**  
GIFT CERTIFICATES AVAILABLE  
Megan Haug LMT • Lic # 10180 • 684-6840  
NATIONALLY CERTIFIED & EXPERIENCED

**Acupuncture & Naturopathic Medicine**  
INTEGRATED NATURAL MEDICINE  
**Dr. Robert Clarke** N.D., L.Ac.  
• Acupuncture  
• 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](http://www.TheReconnection.com)

**NIA - YOGA - SCULPT BODY NOW!**  
Womens Health & Fitness  
541-729-5079  
1361 River Road  
*I want to live... I want to dance my life*  
[www.bodynow.us](http://www.bodynow.us)

reduce conflicts  
manage behaviors  
increase cooperation  
improve communication  
**AT-HOME Family Support**  
Leigh Files, M.A.,  
Licensed Professional Counselor  
683-8883

**Nancy Mac counseling**  
• changing old patterns to allow new choices  
• creating healthy relationships  
Individuals / Couples  
sliding scale **485-4559**

**Massage by Margaret Pratt**  
LMT #2144, B.S. (Educ)  
\* Gentle, DEEP-TISSUE massage  
\* First session - \$30/hr.  
\* Since 1985  
\* Strong, Intuitive, Thorough  
\* Gift certificates available  
\* Multi-Pure Water Filters  
*"A massage you won't regret, will never forget, and will repeat as often as able."*  
**485-4221**

**Nia**  
**2-FER DAY**  
TWO for the price of ONE  
Mon., June 2 • 5:30-7:00  
Nia at Four Winds  
?s: Call Janet Hollander • 747-3850

**YOGA WEST**  
3635 Hilyard  
**The Power of Kundalini Yoga**  
**KUNDALINI BASICS**  
w/Lexy, Mondays 5:30 to 6:45pm  
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

**SEASILVER**  
All natural liquid nutrition contains all vitamins, minerals, enzymes and amino acids for optimal health. Half thickness of water, 98% absorption at cellular level. Especially helpful for aiding diabetics, cancer and heart ailments.  
**Call 510-0045**  
for FREE information

**Four Winds Center for Body, Mind & Spirit**  
**Beginning Yoga Series**  
with **Michele Bulgatz**  
**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](mailto:info@fourwindscenter.com)

**Upcoming Schedule Changes for Drop-in Classes**

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

**Wednesdays Early Bird Yoga**  
with **Lynne** will be at 6:30am as of **June 4**

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

**Thursdays Gentle Beginning** (formerly Gentle Yoga)  
with **Lynne** at 5:30pm as of **June 5**

**Therapeutic Yoga** (formerly Alignment with Yoga)  
with **Karen** at 7:30pm as of **June 5**

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

**1840 Willamette St. 484-6100**  
[www.FourWindsCenter.com](http://www.FourWindsCenter.com)

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

**Kamala Quale, MSOM, LAc**  
Mind & Body Medicine  
• Acupuncture  
• Acupressure  
• Chinese Herbs  
• Hakomi Counseling  
• Qigong  
**345-2220**  
1902 Jefferson, Eugene

**Inhale Life**  
Inhale Life is about finding peace. Regain hope & meaning after loss in a safe & supportive space.  
**Individual or Weekly Group Support Sessions**  
**Valerie Gomes-Pereira**  
BEREAVEMENT FACILITATOR • REIKI PRACTITIONER  
687-6740 • [www.inhalelife.com](http://www.inhalelife.com)  
3225 Willamette St. Suite 3-D

**Jeff Burch ROLFING**  
structural integration  
**689-1515**  
darkwood@rio.com  
lic. 9092 SINCE 1977