


YOGA WEST
3635 Hilyard
The Power of Kundalini Yoga
YOGA for BODY, MIND and SOUL
Snamat Kaur Mondays 7 to 8:15pm

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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After my first yoga class at Four Winds, I thought "I want to do this everyday!"
The perfect way to relax after work.
- Julie Baird

Many others feel the way Julie does! If you've been thinking about yoga, why not start now? Jump into a new beginning!

Beginning Yoga Mini-Series with Steph

Mondays 7:30-9:00pm
June 30- July 21
\$30 for 4-week series
\$50 with additional 4 drop-in class

Pre-registration/Pre-payment required.
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Commercial Rentals
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 complement 2 males, but will consider men. 342-5775, Jeff.

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

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.

COOL HENDRICKS Hill studio. All utilities, cable, W/D. \$470/mo. First, last, deposit. One year lease. 485-7907.

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wellness

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Pregnancy Support
EXPECTING? HOLISTIC childbirth classes; focusing on noninterventive, natural birth. Sibling/ refresher classes avail. Elise 685-0063, Georganne, 242-3601.

PRECONCEPTION, CHILD-BIRTH education classes. Positive and healthy tools to empower couples and families in pregnancy and childbirth. Doula support also available upon request. Call Lennon 434-0100.

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.

2-BDRM. STORAGE, NP, some furniture. 392 W. 4th. \$555/mo. 343-1178.

150 A HANSEN, \$650/mo. 3-bdrm, 1 bath, fenced patio & backyard. Small pets ok. Off River Road. Light & bright upstairs 1-bdrm. Cats ok. \$500/mo. 461-4486

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6-7:30pm MTWTh
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