

Monarch Massage



Therapeutic massage helps you meet your long-term goals for personal healing and well-being. Rates adjusted for ongoing care.

Pregnancy Massage
Pain Management • Stress Relief
Meagan Orion, L.M.T. 683-8289
Lic.#8166

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)

TAI CHI

David Leung
579-3612
www.membio.com/leung

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 L.M.T.
Holistic Massage • Reiki Master
License# 0612 **485-3881**

YOGA WEST

3635 Hilyard
The Power of Kundalini Yoga
CELEBRATE SUMMER SOLSTICE
Saturday, June 21st
from 8:30am - 12noon

COST for a full morning of yoga:
Your contributions of food items/funds to be collected for local food banks.

NO CLASSES MON 6/16 thru FRI 6/20
Summer Drop In Classes Continue 6/22
Sunday Evening Series 5-6:30pm
Weekday Eves; M Tu W Th 5:30pm; M 7pm
Women's Classes: Tu 7pm, Sat 10:30am
Saturday Morning Wake Up Call 8:30am
Sat Nam Rasayan Practice Group Th 7pm

Call 686-0432 for recorded schedule

Can I offer what you need?

I invite you to partake in a free session in person or by phone to find out.

Call Richard Grimaldi, M.P.W.
Counseling locally for 15 years
Affordable sliding fee scale.
344-7604

Massage by Margaret Pratt

L.M.T. #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

Four Winds Center for Body, Mind & Spirit

Here's what our student has to say:

"I arrive at yoga feeling 'heavy', and leave with a lighter step and a thankful heart."

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 of your choice

Pre-registration/Pre-payment required.
Call or email now! info@fourwindscenter.com

Can't wait? Start anytime!
Drop-in Classes 7 Days a Week!

Extra Gentle • Beginning
Continuing • Intermediate
Ashtanga • Pre & Postnatal

1840 Willamette St. 484-6100
For June/July schedule, visit
www.FourWindsCenter.com

reduce conflicts
manage behaviors
increase cooperation
improve communication

AT-HOME Family Support
Leigh Files, M.A.,
Licensed Professional Counselor
683-8883

LIVE BETTER

Kay Porter, Ph.D.

- Weight Loss
- PTSD/ACOA
- Depression/Anxiety
- Rapid Eye Therapy

342-6875

Healing Relationships

Individual, Couples & Families Welcome

Stephen Allanketner, PhD
Licensed Psychologist
Anne Allanketner, MA, MFCC

- Build trust & deepen intimacy
- Break isolation
- Heal childhood pain
- Awaken sexual & emotional contact

Counselors with 15 years' experience • Sliding scale fees
343-3062

ew Classifieds

Spiritual

WISDOM HEARTSONG
share. Sponsored by Church of the Beloveds. Meet at 10am, Sundays. Call for directions. 484-3114, Eves, 8pm.

Tarot

SPIRITUALLY INTUITIVE
tarot reader. Get a self-empowering understanding of where you are now in your life & how to move forward if at a crossroads. \$1/minute, \$25/minimum. Patricia, 935-4253.

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

Housing

Commercial Rentals

PROFESSIONAL HEALING
arts practitioner. Small space to share Sunday - Wednesday. Downtown location. \$160/mo. 521-8181.

Apts. for Rent

2-BDRM APARTMENTS for rent in Springfield. \$395/mo. On-site manager/laundry, dishwasher. On bus line. Neighbor to Moffitt Elementary. Nearby shopping. Contact Alexis at Mainstream Housing: 484-4868.

STUDIO APARTMENT. Newly remodeled, furnished, new appliances & private yard. Off Coburg Road, near Oakway. In very peaceful neighborhood. Close to bus stop & bike path. NS, NP \$495/mo. + electric. First, last, dep. 1 year lease. 338-4885.

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. Summer rates avail. Call 686-8741.

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.

1-BDRM DUPLEX Charming, quaint. Nice downtown neighborhood. 2nd floor, private, hardwood floors, new paint. NP, NS, \$495/mo. + dep. Must see! 915-8414.

Homes for Rent

NICE 4-BDRM house. Large fenced yard with est. garden beds. Near Hendrick's Park. \$1,300/mo. incl. yardcare. 343-6165, 554-1493.

NEAR CAMPUS. 2 large bdrms, nice kitchen, \$700/mo. First month 1/2 off! 12/mo. lease. 685-8872, 503-254-3229.

WATER WHEEL house converted into cozy secluded cabin. 1/2 hr from town. Share bath, kitchen, laundry in separate cabin. Nine wooded organic acres \$475/mo., 937-3754.

BEAUTIFUL HOUSE on Olive St. Starting 9/1, 1 yr lease. 3-bdrm, 2 bath, organic garden, hot tub, shop, gourmet kitchen, \$1,500/mo. 685-2827.

Shared Housing

ROOM FOR rent in 4-bdrm, 1.5 bath w/friendly vegetarian women. Near bike path to UO & bus. W/D, big living space & garden, storage. 3 rooms, \$300-\$375/mo. + NP. NS. 345-7656.

JOYFUL HUMANS wanted. Free room & board + monthly stipend. Live the intl. community dream in country paradise. Couples preferred. Jeff, 268-4007.

ESTABLISHED COMMUNITY (12 yrs) near Sundance. Beautiful large home, veg meals, quiet street, sunny yard, garden, hot tub, sauna, DSL, \$330/mo. + 343-5023.

HOUSEMATES NEEDED for 3-bdrm duplex. \$242/mo. + 1/3 utilities. Close to bus & UO. W/D, fireplace, nice! Call, 341-1661.

ROOMMATES NEEDED. World beat friendly, 38 y.o. PF seeks 2 roommates to share 3-bdrm house behind Hendricks Park near UO. Avail. furnished or not. \$450/mo. incl. utilities, phone, cable, trash, no cigs. Teri, 729-9147 or RaaastaGirl@msn.com

RESPECTFUL, QUIET people for 1/2 bdrm cottage/duplex. New construction. Incl. water, W/D, garage, no dogs. \$650-800/mo. Avail. 8/1. 485-8342.

1 BDRM 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.

NEW SE hills community. Looking for communitarian. Large sunny room, gardens, 11 wooded acres. Avail 7/1. 431-0699.

ROOM FOR Rent. 22nd & Washington. Month to month. ISO quiet, responsible, non-smoker, no drugs. Have cat, no add'l pets. W/D, yard. \$300/mo. + 1/3 utilities. 345-0991.

ROOM AVAILABLE in a large (approx. an 1100 sq. ft.) apt. Furnished or unfurnished. Lots of storage. \$350/mo. Includes utilities. NP. NS. First, last. 684-4434.

ROOM IN 3-bdrm house. Summer rate \$275/mo + utilities. Garden space. NS, NP. 20th/Emerald. Avail 6/13. 228-6777, 541-754-0521.

ON WEST BROADWAY. Share with Ph.D. in romance languages, journalist, landscaper. We seek the thoughtful & clean. Please no tobacco or pets. \$260/mo. includes utilities. Furnished or unfurnished. 345-7185.

ALL AREAS-Roommate.com. Browse hundreds of online listings with photos and maps. Find your roommate with a click of the mouse! Visit: www.Roommate.com. (AAN CAN)

NICELY FURNISHED room. In vintage house, antiques. Share large kitchen. Includes utilities. Linens, cleaning. Shared bath. \$400/mo. Private bath \$450/mo. 344-2234.

DOG LOVER wanted to share 2-bdrm condo with 19 y.o. female architecture student & 10 mo. old beagle. Located in W. Eugene. Close to bus & bike path. \$300/mo + 1/2 utilities. W/D, pool access. Student preferred. Contact Molly at 343-5824.

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

FEMALE PREFERRED to share SE duplex. Bus line, run trail. Vegetarian, W/D, cat ok, NS, \$320/mo. + utilities. 485-5363.

Sandra Norris Wheeler

23 years Extensive Professional Experience

Welcoming new clients for...

- Advanced Craniosacral Therapy
 - ◆ Biodynamic Cranial Work
 - ◆ Milne Institute Visionary Craniosacral Work
 - ◆ Nationally Designated Practitioner
- Advanced Myofascial Release Therapist
 - ◆ John Barnes Myofascial Release & Unwinding
 - ◆ Nationally Designated Practitioner
 - ◆ STRUCTURAL REALIGNMENT
 - ◆ ENERGETIC REBALANCING
 - ◆ DEEPLY RESTORATIVE WORK FOR INJURY, TRAUMA, AND SURGERY

343-4415
Integrity • Wisdom • Skill

You can now pick up *Eugene Weekly* at

SIP 'N SURF

ATRIUM BLDG. (10TH & OLIVE)

If you would like *Eugene Weekly* delivered to your place of business
Call Deena at 484-0519, x25

Nancy Mac counseling

- changing old patterns to allow new choices
- creating healthy relationships

Individuals / Couples
sliding scale **485-4559**

WHAT'S FRINGE GOT TO DO WITH IT?

A PLAYSHOP
for women to dance with fringe, skirts and scarves while exploring
POWER, GRACE, & PLAYFULNESS
within the context of a Nia Technique mind-body fitness class

Sat. June 21 11:30-1:30
PLEASE PRE-REGISTER WITH
Janet Hollander • 729-2894

Find Your Energy

- Yoga • NIA • Yamana
- Mat Classes
- Body Rolling

Body Now!

FITNESS FOR WOMEN
1361 River Rd. • Eugene
541-729-5079 • www.bodynow.us

Inhale Life

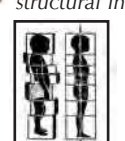
Inhale Life is about finding peace. Regain hope & meaning after loss in a safe & supportive space.

Individual or Weekly Group
Grief Support

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

Jeff Burch ROLFING

structural integration



689-1515
darkwood@rio.com
SINCE 1977
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