



Tara Alder
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COLON HYDROTHERAPIST

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ROLFING®



Karen Lackritz

CERTIFIED ADVANCED ROLFER
CERTIFIED ROLF MOVEMENT PRACTITIONER
Therapeutic Yoga classes
available for clients

345.2926

ROLFING AND THE LITTLE BOY LOGO ARE
SERVICE MARKS OF THE ROLF INSTITUTE



**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

Four Winds Center for Body, Mind & Spirit

Four Winds has meant so much
to me. It offers a class for every
mood and state of body I am in -
relaxing, flowing, or
an intense workout.
The classes are all-
encompassing,
presenting not just
the physical aspects of yoga, but
the mental part as well.



I can't express enough good things
about these people and this place.

~ Chantel Bunkers

Beginning Yoga 4-week mini-series



**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

Drop-in Schedule Changes for June/July

Mondays Beginning Yoga
is now with **Lynne** at **9:15am**



Wednesdays Gentle Yoga for Women
with **Donna** is now at **9:15am**



Fridays Continuing Yoga
with **Donna** is now at **9:15am**

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

FEELING HOPELESS?

Shamanic Healing can address your
illness on all levels. Restore the integrity
of your soul force. Augment your
current healing plan.



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- * Gentle, DEEP-TISSUE massage
- * First session - \$30/hr.
- * Since 1985
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and will repeat as often as able."

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Grief • Depression • PTSD • Anxiety
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 - ◆ John Barnes Myofascial Release & Unwinding
 - ◆ Nationally Designated Practitioner

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Real Estate

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35 miles from booming El Paso, TX.
No credit check. \$9,995, \$0 down,
\$99/mo. www.sunsetranches.com
800-755-8953 (AAN CAN)

Commercial Rentals

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

950 SQ. FT. Office/Living space,
1492 Pearl. DSL hookup, AC,
\$795/mo. Cottage Property
Mgmt., Inc. 521-3927.

Apts. for Rent

S. HILLS. New luxury studio in
older house. Fireplace, W/D, large
patio, garden, near bus. \$495/mo
+ utilities. 687-0440.

CHARMING 2-BDRM. Ideal
spot, W/D, patio, off-street park-
ing, modern, NP. 1376 Lincoln.
\$725/mo. 344-4134.

COLLEGE HILL. 2-bdrm, 1 bath,
fireplace, storage. Just remod-
eled. \$875/mo. includes utilities.
Avail 7/1. Pet? 302-6233.

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

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.

Duplexes for Rent

2-BDRM. Storage, NP, some fur-
niture. 392 W. 4th. \$555/mo. 343-
1178.

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

1890S VICTORIAN. Simple 1-
bdrm duplex. \$465/mo. Pets ok
w/fee. 427 Washington, 338-
2190.

UTILITIES PAID. 1-bdrm, 1920s
duplex. 577 Madison, pet ok
w/fee, 338-2190.

Homes for Rent

THREE BDRM duplex near
Rose Garden/river. Wood floors,
gas stove and heat, laundry
hookups, garage, yard. Quiet con-
siderate neighbors. No dogs, no
smoking. Available now. \$775/mo.
689-1738.

1920S CUTIE. 3+ bdrm.
Fireplace, small yard, \$1025/mo.
270 E.16th. Pets ok w/fee, 338-
2190.

RIVERSIDE HAVEN. Unique 1-
bdrm guest house on Willamette,
W. D St., bike path. Seek individual
who appreciates quiet, beautiful
surroundings. Feline fancier pre-
ferred. Garden space avail. NS,
\$600/mo. utilities included +
cable. Jane, 741-3020.

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

COMPLETELY REDONE 2
story vintage beauty near campus
and Hendricks Park. Wood floors,
fireplace, 3 large bdrms, gas heat
& stove, laundry hookups.
Available July. No smoking, no
pets. \$1,300/mo. 689-1738.

BEAUTIFUL HOUSE on Olive
St. Starting 9/15, 1 yr lease. 3-
bdrm, 2 bath, organic garden, hot
tub, shop, gourmet kitchen,
\$1,500/mo. 685-2827.

3+ BDRM, 2 BATH, 2 story.
Cottage Grove, close in. 1650sq.ft.
\$725/mo.+ dep. Avail. 7/15, 686-
2964.

SUMMER SUBLEASE.
Beautiful home, great location.
Organic garden, DSL, shop.
\$250/mo. 685-2827.

3-BDRM HOUSE near campus.
Yard & laundry. \$895/mo.+ dep.
& utilities. 228-6777.

Shared Housing

FURNISHED HOME, private
bdrm. Mature, stable, \$375/mo.
Utilities, phone, W/D, NA, NP,
Bethel-Danebo, 688-9153.

RESPONSIBLE NS wanted to
share "people" house near
Bellline and River Road. Laundry,
Internet, cable. \$310/340/mo.
includes all. 515-2445.

SEEKING ROOMMATE to
share duplex. Bus line, near
Amazon Park, cat, piano, flowers.
Avail 7/15. \$290/mo. + electric.
606-4121, msg.

TV-FREE, eco-conscious, veggie
household seeks roomie. Quiet.
Peaceful. Cat ok, no dogs.
\$225/mo. 1st, last, dep. 607-
6733.

PEACEFUL VALLEY healing
arts center has 2 rooms available.
\$325/375/mo. 1st, last, dep.
Rural SW Eugene. 683-6083.

HOUSEMATE WANTED.
Share spacious house. Ferry St.
Br. area. Sunny, HW floors, garden
desk, W/D. \$350/mo. + 1/3 util-
ities. 686-3337.

LARGE ROOM, quiet, close, pri-
vate, secluded, W/D, garden, fire-
place, mature, balanced, decks,
newer, NP \$295/mo. 344-1964.

ROOMMATE WANTED to
share 2-bdrm house near
13th/Grant. \$263/mo.+ same
for dep. 1/2 EWEB, Qwest &
Sanipac. Avail. 7/1. Nice place
w/big backyard, near bikepath.
242-3757, leave message.

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.

HOUSEMATE SOUGHT for 3-
bdrm duplex. \$242/mo.+1/3 util-
ities. W/D, fireplace, close to buss
& UO, cute yard. NS, ND, 341-1661.

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

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

Δ Feminist counselor
Δ Sliding scale
484-6767
Pamela McGilvray, M.A.

Learn Qigong
from a Master Teacher
Wu Zhongxian



Saturday, June 28, 2003
10am - 4pm
\$45.00

no previous experience necessary
please call Kamala Quale, LAc for more information
(541) 345-2220

**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
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- creating healthy relationships

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