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Acupuncture & Naturopathic Medicine
INTEGRATED NATURAL MEDICINE

Dr. Robert Clarke N.D., L.Ac.

- Acupuncture
- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

334-6855

Four Winds
Center for Body, Mind & Spirit

BEGINNING YOGA
4-week mini-series
Mondays 7:30-9:00pm
June 30-July 21 \$30/series
Preregistration required. Call or email now!
info@fourwindscenter.com

DROP-IN SCHEDULE
THROUGH JULY 31

MONDAY		
9:15am	Begining Yoga	Lynne
5:30pm	All Levels Yoga	Verna
7:30pm	4-week Beginning Series	Steph
TUESDAY		
9:00am	Intermediate Yoga	Glen
5:30pm	Prenatal Yoga	Nancy
6:00pm	Gentle Beginning	Donna
7:30pm	Intermediate Yoga	Lisa
WEDNESDAY		
6:30am	Early Bird Yoga	Lynne
9:15am	Gentle Yoga for Women	Donna
3:30pm	Intermediate Yoga	Mika
5:30pm	Ashtanga - Level II	Matt
THURSDAY		
9:00am	Cont./Intermediate	Nancy
11:00am	Mama & Baby Yoga	Nancy
5:30pm	Gentle Beginning	Lynne
7:30pm	Continuing Yoga	Michele
7:30pm	Therapeutic Yoga	Karen
FRIDAY		
9:15am	Continuing Yoga	Donna
3:30pm	Ashtanga Prep	Sylvie
5:30pm	Continuing Yoga	Steph
SATURDAY		
8:00am	Ashtanga - Level I	Tom
10:00am	All Levels Yoga	Steph
SUNDAY		
5:30pm	Ashtanga - Level I	Tom

Also 12:00pm Mon/Wed/Fri
Noon Meditation (free to all)

Four Winds is closing for the month of August prior to moving to our new home, **Easter Seals School** at 3575 Donald St. Eugene.

Reopening on September 2nd with new classes and more! Stay tuned!
WE'RE STILL at 1840 Willamette through July!
1840 Willamette St. Eugene 484-6100
visit our website
www.FourWindsCenter.com

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**

Massage by Margaret Pratt
LMT #2144, B.S. (Educ)

- * Gentle, DEEP-TISSUE massage
- * First session - \$30/hr.
- * Since 1985
- * Strong, Intuitive, Thorough
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INNER WISDOM
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- Life Skills Coaching
- Inner Child/R.C.O.A
- Rapid Eye Therapy
- Past Life Regression

342-6875

Kamala Quale, MSOM, LAC
Mind & Body Medicine

- Acupuncture
- Acupressure
- Chinese Herbs
- Hakomi Counseling
- Qigong

345-2220
1902 Jefferson, Eugene

CERTIFIED BIKRAM YOGA
INSTRUCTORS
9-10:30am MTWThF
6-7:30pm MTWTh
4-5:30pm Sundays
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 - ◆ Biodynamic Cranial Work
 - ◆ Milne Institute Visionary Craniosacral Work
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- Advanced Myofascial Release Therapist
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- ◆ ENERGETIC REBALANCING
- ◆ DEEPLY RESTORATIVE WORK FOR INJURY, TRAUMA, AND SURGERY

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EW Classifieds

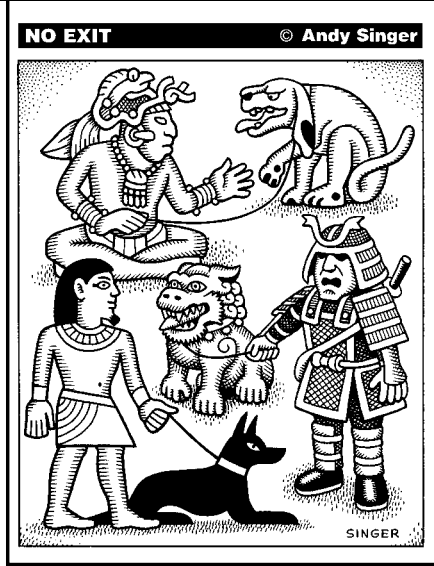
GARDENER'S DELIGHT. River Road area. Remodeled 3-4 bdrm on 2 beautiful acres. Fruit trees, rose garden, vegetable garden, garage shop. Rent negotiable. 393-5126.

3-BDRM, 1/2 acre in country, 25 min. out. Fenced garden. \$550/mo. 942-5846.

BEAUTIFUL NEWLY remodeled house for rent. Over 750 sq. ft. 1-bdrm, large loft, wood ceiling, many windows. Dead-end St. in River Road area. \$675/mo. 1st, last, deposit. NS, NP 461-3631.

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

WATER WHEEL house converted 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.



Shared Housing

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

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

PEOPLE WHO care. 2490 Tandy Turn. Ferry St. Bridge. Share house w/private furnished room. \$420/mo incl. cable, telephone, utilities, & laundry. 686-1771, 913-6460.

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

DEPENDABLE NS wanted to share "people" house near Beltline and River Road. Laundry, Internet, cable. \$270/295/mo. includes all. 515-2445.

ROOM FOR RENT, own sink/bathroom. Cedar Flat area. Prefer people in 20s. \$250/mo. + 1/2 utilities. Mow lawn weekly. 726-4751.

PREFER WOMAN to rent. Loft, own living space, separate entrance, share kitchen, bath. W/D, garden. Responsible NS, vegetarian. \$350/mo + dep & utilities. 345-9018. Avail 7/1.

RIVER ROAD. Nice, sunny, large room avail. 8/1. \$325/mo.+. Please be stable, tidy, healthy, vegetarian. Close to bus/bike path. Call 686-6761. Website tour: peacearms.org/~spencerj/Tour/

ROOMMATE WANTED to share 2-bdrm home in S. Eugene. \$300/mo. + deposit. NS. Nice neighborhood, close to stores. No dogs. 431-0192.

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

SHARE BEAUTIFUL home. 3-bdrm, 2 bath, skylights, wood interiors, nice porch, small upper deck, music oriented, gay friendly. \$350/mo.+ utilities, deposit. 338-8761.

SHARE NICE 3-bdrm house. 8 blocks from campus. Seeking clean, friendly roommate. Large bdrm, two closets. Private bath. Avail. 7/1. \$325/mo, 1/3 util. 232-1537.

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

SUNNY ROOM in clean, quiet 2-bdrm house. \$350/mo. + NS, NP, no TV. 343-6421.

LARGE ROOM \$300/mo. Artistic home. Big windows, fireplace, hot tub. Near river, country, edge-of-town. Wood floors. 607-1610.

QUIET W. Eugene home to share. Lots of personal space & privacy. Cat ok. \$375/mo.+ dep. 520-9352.

SHARE BEAUTIFUL 3-bdrm, 2 bath house in S. hills. Fireplace, W/D, big fenced yard. 1 room avail. 7/15. 1 room avail 8/1. \$350/mo. + 1/3 utilities. Dog? 302-6344.

Healing Massage

Deep Tissue • Swedish • Trigger Point
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25632 Jeans Rd. Veneta
(phone number in yellow pages is INCORRECT)

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