

Nancy Mac
counseling

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

Individuals / Couples
sliding scale 485-4559

Natural Medicine for...
Challenging Health Conditions

David Bove ND, LAC

- Naturopathic Physician
- Licensed Acupuncturist

Doctoring with a Natural Difference.
683-2126

Within Reach
natural medicine

Rachel Gross, N.D.
Tom Donnelly, N.D.

935-3453

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(phone number in yellow pages is INCORRECT)

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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Massage
Special
\$35 first time massage
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Relieve aches, pains, stress, anxiety, tension, sciatic pain, etc., using Somatic Communication with an eclectic approach.

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On-Going Drop In Classes Open to All Levels
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
Sunday Evening Series 5-6:30pm
Sat Nam Rasayan Practice Group Th 7pm
Call 686-0432 for recorded schedule

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

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Naturopathic Medicine

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

- Acupuncture
- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

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Valerie Gomes-Pereira
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Grief Support
Individual & Weekly Group
Support Sessions
3225 Willamette St. Suite 3-D

Four Winds
Center for Body, Mind & Spirit

We are Moving!
Say Goodbye to Our Old Sacred Space

Four Winds will be moving to our new location during the month of August, ready to open on the day after Labor Day, Sep. 2nd at 3575 Donald St. We have been in our start-up space here on Willamette St since 1995 and it has blessed the community well. It will be hard to leave it. So lets give it a party and ask the Sacredness of this Space to follow us to our new home!

Please join our
CLOSING CIRCLE CELEBRATION
& POTLUCK CELEBRATION
at Four Winds Center, 1840 Willamette St.
Friday, August 1 at 7:15pm
Following Vandana (Steph)'s 5:30-7pm yoga class (all levels - \$8/drop-in).
All are welcome to come to yoga first.
Bring any memories or blessings you may want to share, as well as some food, drink or delights to share with others and help us celebrate.

Current classes are held at the
Willamette location through August 1st.
Call or visit our website for complete class schedule
1840 Willamette St. Eugene 484-6100
www.FourWindsCenter.com

Relieve the Pain
Trust the Ancient Ways of Acupuncture...

Julie (Qiuling) Fu, L.Ac., M.Ac.

- Headaches • Arthritis
- Stroke • Paralysis
- Anxiety • Depression
- Car, Sport, & Work Injuries • Stress • Fatigue
- Insomnia • Back, Neck, Shoulder Pain
- Adjunctive Cancer Care
- Menopause • PMS
- Asthma • Digestive
- Cardiovascular
- Immune Disorder
- Vertigo • Dizziness
- Fibromyalgia

• Graduate of China Medical University
• Master's Degree in Acupuncture from China's Liaoning College of TCM
• Physician in China
• In practice for over 10 Years

FREE CONSULTATION
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ew Classifieds

NO EXIT © Andy Singer

BUSH FACES THE IRAQ THREAT

...BUT YOU LACK ANY EVIDENCE THAT SADDAM HAS WEAPONS OF MASS DESTRUCTION

WE DON'T NEED MORE EVIDENCE!

THE GLOBAL WARMING THREAT

BUT POLAR ICE CAPS AND GLACIERS ARE MELTING FOR THE FIRST TIME IN OVER TEN THOUSAND YEARS

WE NEED MORE EVIDENCE!

SMALL LIGHT, studio house near downtown, river, bike path. Shared private yard, garden. Gas stove, No smoking, no pets. Available Aug. 1, \$425/mo. 689-1738.

1-BDRM HOUSE near river, bike path. Fenced yard, outside storage, shared utilities. Pet considered with fee and deposit. No smoking. Available mid-August \$400/mo. 689-1738.

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

Rooms for Rent

MCKENZIE RIVER 7 mi. to Springfield. Serene, \$275/mo. + or trade for homecare. W/D, NS, NA, ND, Pet? 744-0652.

COUNTRY COMMUNITY on acreage. 9 miles from downtown. 1 of 6 cabins available 9/1. Share kitchen and bath. \$315/mo. 344-4766, 349-0971.

Shared Housing

VEGETARIAN HOUSEHOLD. Great location. Quiet, clean, earth-friendly, organic garden. \$330/mo. + \$300 dep. Includes all utilities. Call eves, 242-3318. No cigs, pets.

BEAUTIFUL ACREAGE 15 miles West. Music, garden, cable, river, fruit trees, W/D, more! Long term a plus. \$260-\$275/mo plus. 968-2257.

Nia
Final week at
1840 Willam.
Nia moves with Four Winds to Easter Seals location in Sept.
Janet Hollander • 747-3850
Classes at Four Winds - M & W 5:30

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ACUPUNCTURE?
It Could Be The Answer.
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Summer Intro Special
\$10 for 10 Days
Activate by August 20
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urbanshamanism@msn.com

DREAM HEALING WORK
DREAMWELL.ORG

2 ROOMS in SW 3-bdrm, 3 bath house. With forest, sunset views. Laundry, utilities included. \$400/mo. each. 683-2599.

1 BDRM for rent. South hills. \$235/mo. First, last, \$200 deposit. Smoking ok, NP. Must be stable, mature and gay friendly. 687-1382, Debbie or Gina.

SEEKING FUN, eco, tidy, financially dependable housemate to share beautiful home with hot tub. \$300/mo. 484-3783.

NEAR UO. Share 4-bdrm, 2 bath duplex. \$350, \$335, \$325/mo. + 1/4 utilities, deposit. W/D, garage, yard, bus. 953-6982.

WHITEAKER HOME seeks housemates. Basement room, \$190/mo. Upstairs room \$250/mo. Hot tub, garden, clean, comfortable. 342-4417.

FRIENDLY ST. area. Quiet, vegetarian, NS, peaceful, clean, mature. Large rooms, fireplace, wood floors. \$325/mo plus. Available 9/1. 683-4526.

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

AVAILABLE NOW. Share beautiful 3-bdrm, 2 bath house in S. hills. Fireplace, W/D, big fenced yard. \$350/mo. + 1/3 utilities. Dog? 302-6344.

ROOMS FOR rent. M/F 6-bdrm 2 bath. 8 blocks to UO. Near Sundance. Front/back deck and backyard. Skylights, wood floor, big kitchen, 2 fridges. Hi-speed internet, storage/music garage. Quiet, mature, eco-conscious. \$355-\$405/mo. Year lease. 1st, last, dep. NP 687-1901.

COUNTRY HOME. 10 min. from downtown. 2 rooms avail. 7/24 and 8/20. Pasture space, 5 acres. \$325, \$375/mo. 1st, last, deposit plus utilities. 683-6083.

SINGLE PARENT preferred for V. Eugene home. Large yard with OG garden on quiet street with nearby park. Clean, creative, leftish home. \$325/mo. for 1.5 rooms. Avail. 343-2542.

SEEKING DEPENDABLE housemate for ecominded home. Cute house, HW floors, front and back yard. Sorry, NP. \$210/mo. \$290 dep. 687-9110.

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 3-BDRM house. W. Eugene, creative, garden space, wood floors, fireplace, music, W/D, \$425/mo. or \$275/mo. 1st, last, \$50 dep. 345-2881.

SHARE 3-BDRM house in Barger area. NP, NS, \$350/mo. + 1/2 utilities and phone. 517-8603.