

YOGA WEST
3635 Hilyard
The Power of Kundalini Yoga
Kundalini Rising
with Joan / Jai Kartar
5:30pm Tuesdays and Thursdays

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

343-4415
Integrity • Wisdom • Skill

Have You Tried **ACUPUNCTURE?**
It Could Be The Answer.
JADE SCREEN CLINIC
344-8088




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



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
We are Moving!
Say Goodbye to Our Old Sacred Space

Please join our **CLOSING CIRCLE CEREMONY & POTLUCK CELEBRATION**
at Four Winds Center, 1840 Willamette St.
Friday, August 1 at 7:15pm

Four Winds will be closed Aug. 2-Sep. 1
During the month of August, email or call us
info@fourwindscenter.com
484-6100 (Phone may be out until August 5)

Reopening on **Sep. 2**
at our new location
3575 Donald St. Eugene

Register for **Fall Beginning Yoga Series now!**

Mondays, Sep. 8-Oct. 27 with Vandana (Steph)
Wednesdays, Sep. 17-Nov. 5 with Michele
Thursdays, Sep. 11-Oct. 30 with Michele
\$50 for 8-week series pre-registration required

Fall schedule available soon at our website!
www.FourWindsCenter.com 484-6100

Find inner peace
Inhale Life
Valerie Gomes-Pereira
687-6740 • www.inhalelife.com

Workshops
JOURNALING & MEDITATION
3225 Willamette St. Suite 3-D

"A Healing Place in the Heart of Eugene"
Jeff Muiderman (#4832) • Andrew Jecklin (#6945)

EUGENE DOWNTOWN MASSAGE THERAPY
Welcomes
Kate Custer, LMT
License #10492
(541) 342-5775 1400 High, # B-2
Gift Certificates



SELL YOUR WHEELS
Advertise your car with a **FREE** photo.

\$10/week,
3 week min.
(private party only)

484-0519
classy@eugeneweekly.com



ew Classifieds

Duplexes for Rent
COZY 2-BDRM 1 bath apt. in house. 1000 sq. ft. Nice neighborhood, near parks, stores, bus. Pets considered. \$750/mo. includes utilities. Available ASAP. 953-7382.

Land/Space for Rent
MCKENZIE RIVER. RV space for rent. 7 mi. to Springfield. Serene, \$250/mo.+ W/D, NS, NA, ND, Pet? 744-0652.

Homes for Rent
2090 W. 13TH Ave. Quiet, double dead-end. 3-bdrm, W/D hookups, super living room, fenced yard, NS. Peek-in windows, you'll be glad. \$875/mo. includes water/sewer. Barb, 345-4491.

SW HILLS 3-bdrm, 2 bath, family room. 1400 sq. ft. Fireplace, laundry, garage, yard, bus. \$1100/mo.+ dep. 953-6982.

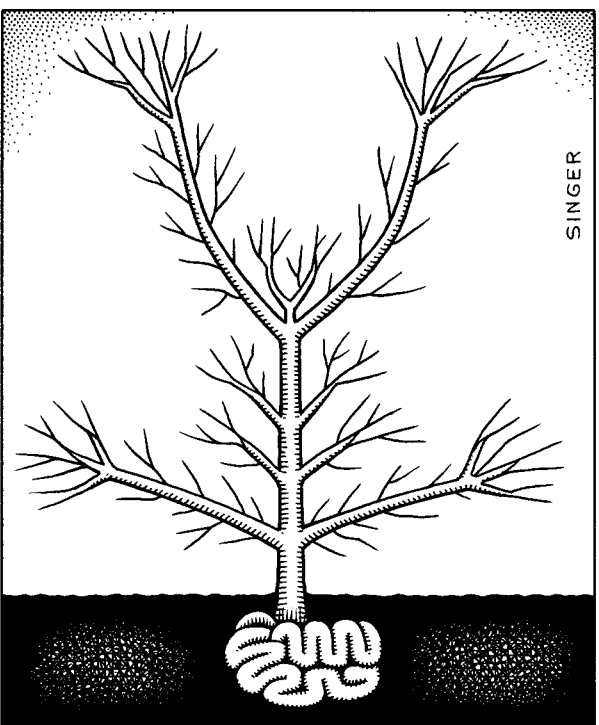
QUIET STUDIO cottage, \$450/mo. Includes water and sewage. Garden space. No dogs, NS. Available 8/18. 2190 B Arthur. Please don't disturb tenants. 344-1075.

WATER WHEEL house converted into cozy secluded, peaceful 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.

2593 FRIENDLY. 3-bdrm, 1 bath. \$825/mo. 1st, last, dep. NP, NS, W/D, dishwasher. Completely updated. 343-2309.

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

NO EXIT © Andy Singer



SINGER

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
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.

SHARE 3-BDRM. 1 bath home with female and dog. Lots of space in quiet Westmoreland neighborhood. Seeks health conscious happy individual. \$350/month, 1/2 utilities. 344-2667.

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

SHARE HOUSE overlooking river. Country setting, quiet, 20 min. from UO. \$400/mo. includes W/D and utilities. NS. 942-8036.

2 ROOMS in 3-bdrm house. Near UO. Nice yard, W/D, share utilities, wood heat + electric. NS. \$325/mo + dep. each. 228-6777.

LARGE 3-BDRM. River Road. Organic garden. 1 room \$250/mo. or 2 rooms \$350/mo. 1/2 utilities. W/D. 689-1210.

FAIRMOUNT UNIVERSITY area. 10 min. to downtown. tastefully remodeled older home, beautiful garden, rural setting, park and trails nearby, fireplace, decks, views, private bath. NP, NS, ND. \$375/mo. 344-1146.

S. EUGENE room to rent. House to share, wood floors, piano, semi-veg. NS. Celeste, 686-1574. David, 484-0621.

SW HILLS. Share 3-bdrm, 2 bath home. W/D, phone, yard, garage, bus. \$450 or \$355/mo. + deposit, 1/3 utilities. 953-6982.

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

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.

HOUSEMATE WANTED. Creswell home. Available 9/1. Retreat to a quiet, sunny bedroom in our spacious 5-bdrm, 2 bath home on 11+ acres. Organic orchard, garden, and greenhouse avail. Views from all rooms with hiking right out the back door and more. \$300/mo. + 1/3 utilities, wood, pellets. W/D, NP, NS. 1st, last, deposit, short-term lease. Julianne, 895-2317.

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

CERTIFIED BIKRAM YOGA INSTRUCTORS
Summer Intro Special \$10 for 10 Days
Activate by August 20
9am M-F, 6pm M-Th, 4pm Sundays
Call 349.YOGA

NIA - YOGA - SCULPT BODY NOW!
Womens Health & Fitness
541-729-5079
1361 River Road
I want to live...
I want to dance my life
www.bodynow.us




LICENSED MASSAGE THERAPIST
GEORGE DAVISON
(541) 731-HEAL 4325
Medical Massage
Sports Massage
Light Touch / Deep Tissue
RELAXATION STATION
389 WEST 13TH SUITE E
EUGENE, OR 97401
DR. LIC. #8073
FL. LIC. #NR34027




Tara Alder
NATIONALLY CERTIFIED COLON HYDROTHERAPIST
Offering colon cleansing and supported fasting in our comfortable, relaxed setting at **Alder Brooke Healing Arts**
513-7894 • www.alderbrooke.com
317 W. Broadway St. • Suite 117



DAVID LANG
Urban Shamanism
683.3756
Are you called to find deeper meaning in your life?
urbanshamanism@msn.com



Jeff Burch ROLFING®
structural integration
689-1515
darkwood@rio.com
lic.9092 SINCE 1977

