

*Find Your Energy*

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

**Body Now!**  
FITNESS FOR WOMEN  
1361 River Rd. • Eugene  
541-729-5079 • www.bodysnow.us

Have You Tried  
**ACUPUNCTURE?**

It Could Be The Answer.

**JADE SCREEN CLINIC**  
344-8088




**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

**DEEP TISSUE MASSAGE**  
NEW CLIENT DISCOUNT  
Trigger Point • Sports Massage • Myofascial Release  
Chronic pain & injury therapy

**Thomas S. Woollard**  
B.A., L.M.T.  
NATIONALLY CERTIFIED • SINCE 1983  
434-6242



**LICENSED MASSAGE THERAPIST**

**GEORGE DAVISON**  
(541) 731-HEAL 4325

Medical Massage  
Sports Massage  
Light Touch / Deep Tissue

**RELAXATION STATION**  
329 WEST 13TH SUITE E  
EUGENE, OR 97401

OR LIC. #3073  
FB LIC. #MR34027

Want to quit?  
Call for your  
**FREE 20-minute**  
phone consultation

**686-LOVE**

**Patricia Robinett**  
Gentle Transpersonal Hypnotherapy



**Nancy Mac**  
counseling

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

Individuals / Couples  
sliding scale 485-4559

**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

Classes • Consultations  
Oils • Supplements • Herbs-by-the-ounce

**Living Earth Herbs**  
Organic Health & Body Care

Eugene Planning Mill District  
383 W. 3rd  
345-7744  
www.LivingEarthHerbs.com  
Culinary & Medicinal Herbs




**Acupuncture & Naturopathic Medicine**  
INTEGRATED NATURAL MEDICINE

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

- Acupuncture
- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

**334-6855**



**YOGA WEST**  
3635 Hilyard

The Power of  
**Kundalini Yoga**

**HEAL & BE HEALED**  
Sat Nam Rasayan Workshop  
with pre-eminent healer  
**GURU DEV SINGH**

The Art of Healing  
Through Awareness  
**Sunday, August 17th**  
11am-6:30pm

Call Joan at 344-8332 for info/to register

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

**FOUR WINDS YOGA**  
FOR BODY • MIND • SPIRIT

in the new Tamarack Wellness Center  
**We have Moved!**  
New Location 3575 Donald St. Eugene

**Reopening Sep. 2**  
(No classes through Sep.1)

Fall schedule available

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

Mondays, Sep.8-Oct.27 ... Vandana (Supt.)  
Wednesdays, Sep.17-Nov.5 ... Michele  
Thursdays, Sep.11-Oct.30 ... Michele

\$50 for 8-week series preregistration required

Office hours through August:  
10:00am-2:00pm, weekdays  
Call or stop by to check out our new home!  
484-6100  
info@fourwindscenter.com




**ew Classifieds** © Andy Singer

**NO EXIT**

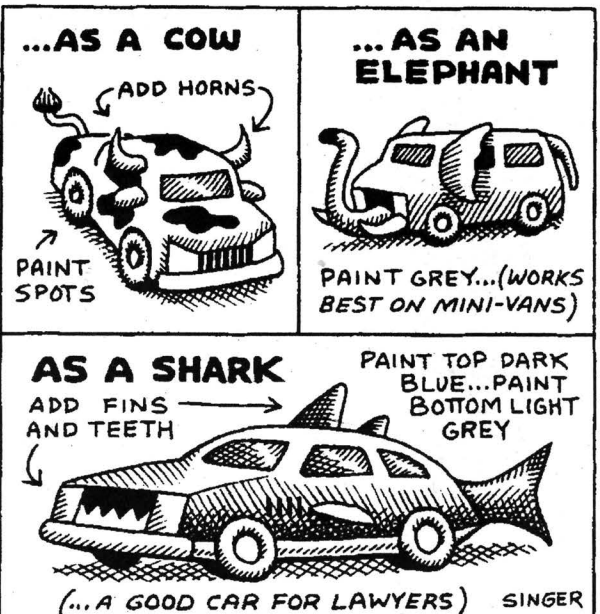
ART FUN PROJECT #214  
**DISGUISE YOUR CAR**

**...AS A COW**  
ADD HORNS  
PAINT SPOTS

**...AS AN ELEPHANT**  
PAINT GREY...(WORKS BEST ON MINI-VANS)

**AS A SHARK**  
ADD FINS AND TEETH  
PAINT TOP DARK BLUE...PAINT BOTTOM LIGHT GREY

(...A GOOD CAR FOR LAWYERS) SINGER



**CHARMING** upstairs 1-bdrm apartment in vintage house. Weatherized, gas fireplace, private entrance and deck. Large yard, garden. West Springfield. \$420/mo, deposit. 747-1128.

**HAYDEN BRIDGE** Duplex. 2-bdrm. Newly refurbished. Spacious. Clean. Large Kitchen, dining area. Laundry room. Storage. Patio. NP \$650/mo, deposits. 2492 Laralee. 954-3289.

**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**  
**1920'S HOUSE.** Cute 2-bdrm. \$765/mo. 1097 W. 8th. 338-2190.  
**VINTAGE (SOME updates)** 3-bdrm, large bath, covered patio. \$930/mo, includes yard maintenance and trash service. NP/NS. Horn lane, 521-6397.  
**SWEET 3-BDRM** near river, bike path, downtown. Wood floors, new windows, W/D hookups, front porch, minimal yard. No smoking, pets. \$825/mo. Available Sept. 689-1738.  
**STUDIO, LARGE** quiet, close. Newer. Very efficient, well lit. NP \$495/mo+. Also: 2-BDRM, cozy, close, quiet, deck, patio. W/D. \$695/mo+. 344-1964.  
**COZY, SUNNY,** clean cabin. 15 min. south of Eugene. Beautiful, organic land. Shares bath, vegetarian kitchen in adjacent building. \$295/mo. No dogs/smoking. Lease, last, security. 342-5027.  
**2-BDRM HOUSE,** large kitchen open to living room, newly redone. Workshop and utility room with W/D. Carport, gas heat, lots of storage. Large permaculturally designed lot with compost bins, storage shed, fruit trees and gardens. In West Eugene, on bike path, bus route. Available Sept. 1. \$750/mo. Call Jewel 683-8270.  
**AVAILABLE NOW.** 3-bdrm near River/bike path. Wood floors, W/D hookups, front porch. Large, sunny backyard with garden space. Dogs considered. No smoking. \$900/mo. 689-1738.

**CLEAN VINTAGE** 1-bdrm cottage in lovely shared fenced yard. Whiteaker, no pets, NS. \$560/mo+. 344-2234.

**Shared Housing**  
**MCKENZIE RIVER.** 7 mi. to Springfield. Serene, \$275/mo. + or trade for homocare. W/D, NS, NA, ND, Pet? 744-0652.  
**TV-FREE,** artsy, earthy household seeks new person. We are non-communal, vegetarians, you be too. \$225/mo, 1x util. 607-6733.  
**QUIET, BEAUTIFUL** setting. Share 2-bdrm home with vegetarian man. Garden, hiking trails. 35 minutes to Eugene. \$225/mo+. Deposit and utilities. 942-8345.

**NICE HOUSE** in Santa Clara with big yard, fruit trees, organic garden. Hot tub, DSL, cool folks. NS, pets negotiable. \$250/mo + 1/4 utilities. 688-9404.  
**2-BDRMS** main floor of house. Near 19th and Agate. Nice yard, W/D, share utilities, wood heat, electric. NS. \$325/mo + dep. each. or \$600/mo for both. 228-6777.  
**ROOM + BONUS** space, share bath. Includes utilities. NP/NS. \$325/mo., \$325 deposit. 521-6397.  
**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)  
**FRIENDLY ST.** area. Quiet, vegetarian, NS, peaceful, clean, mature, stable. Large rooms, fireplace, wood floors. \$325/mo. + 9/1? Long-term. 683-4526.

**NEAR UO.** Share 4-bdrm, 2 bath duplex. \$350, \$335, \$325/mo. + 1/4 utilities, deposit. W/D, garage, yard, bus. 953-6982.  
**GAY MALE** preferred to share house. Master bedroom, private bathroom. Minutes from UO. Avail. 9/20. \$400/mo + 1/2 util. Ed. 746-5963.  
**1 BDRM** for rent. South hills. \$235/mo. First, last, \$200 deposit. We smoke, NP. Must be stable, mature and gay friendly. 687-1382, Debbie or Gina.  
**SHARE HOUSE** overlooking river. Country setting, quiet, 20 min. from UO. \$400/mo. includes W/D and utilities. NS. 942-8036.  
**FURNISHED PRIVATE** bedroom. Quiet, fun, home to share in SE Eugene. For mature, dependable person. Close to UO, LCC, bus route. \$360/mo, incl. util. Kristi at 912-9825.

"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

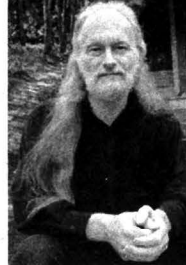


Get what you want  
6 week workshop  
Sept 4-Oct. 9  
Thursday nights, 6:30-9:30  
\$100, sliding scale

**Inhale Life**  
Valerie Gomes-Pereira 687-6740 • www.inhalelife.com  
3225 Willamette St. Suite 3-D

**DAVID LANG**  
Urban Shamanism  
683.3756

Spiritual Realms are your birthright  
Claim your birthright!  
urbanshamanism@msn.com



Ahhhhh...  
**Massage**  
Special  
\$35 first time massage  
(\$50 regular price)

Relieve aches, pains, stress, anxiety, tension, sciatic pain, etc., using Somatic Communication with an eclectic approach.

**Megan's Healing Hands**  
GIFT CERTIFICATES AVAILABLE  
Megan Haug LMT • Lic # 10180 • 684-6840  
NATIONALLY CERTIFIED & EXPERIENCED



**Healing Massage**

Deep Tissue • Swedish • Trigger Point  
Myofascial Release • Essential Oils

**Lucia McKelvey, LMT • Nationally Certified**  
Days, Evenings, Weekends  
541-683-3286



**Within Reach**  
Affordable,  
down to Earth  
natural healthcare  
for all ages, lifestyles  
and incomes

**Rachel Gross, N.D.**  
**Tom Donnelly, N.D.**  
935-3453