

NIA - YOGA - SCULPT
BODY NOW!
Womens Health & Fitness
Bringing Life Back to Bodies
 1361 River Road
 541-729-5079
 www.bodynow.us

Tara Alder
 NATIONALLY CERTIFIED
 COLON HYDROTHERAPIST
 Offering colon cleansing and supported fasting in our comfortable, relaxed setting at
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 EUGENE, OR 97401
 DR. LIC. #3073
 FL. LIC. #MS34027

Nancy Mac
 counseling
 • changing old patterns to allow new choices
 • creating healthy relationships
 Individuals / Couples
 sliding scale 485-4559

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
 with expanded fall schedule!
 (No classes through Sep.1)

Open House
Sunday, September 7
1:30-4:30pm
 Tour of the facility and enjoy the lovely yard
 Meet yoga teachers and others
 who use Tamarack Wellness Center
Register now for
Fall Beginning Yoga Series!
Mondays, Sep.8-Oct.27
 with Vandana (Steph Barton)
Wednesdays, Sep.17-Nov.5
Thursdays, Sep.11-Oct.30
 with Michele Bulfatz
\$50 for 8-week series
 Preregistration required. Call or email now!
August Office Hours:
10:00am-2:00pm Weekdays
 Stop by to check out our new home!
 Room rental for events & workshops
 Beautiful setting in quiet neighborhood
484-6100
info@fourwindscenter.com

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

Kamala Quale, MSOM, LAC
 Mind & Body Medicine
 • Acupuncture
 • Acupressure
 • Chinese Herbs
 • Hakomi Counseling
 • Qigong
345-2220
 1902 Jefferson, Eugene

Patricia Robinett
 Hypnotherapist
"Healing is always certain."
686-LOVE
 Call for free consultation

Natural Medicine for...
Challenging Health Conditions
David Bove ND, LAC
 • Naturopathic Physician
 • Licensed Acupuncturist
Doctoring with a Natural Difference.
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Acupuncture & Naturopathic Medicine
INTEGRATED NATURAL MEDICINE
Dr. Robert Clarke N.D., L.A.C.
 • Acupuncture
 • Naturopathic Doctor
 • Chinese Medicine
 • Homeopathy
334-6855

YOGA WEST
 3635 Hilyard
The Power of Kundalini Yoga
NO CLASSES LABOR DAY
 On-Going Drop In Classes Open to All Levels
 W 8:30am; 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

GROWTH & HEALING
 for Mind, Body, & Spirit
 Individual & Couples Counseling
 Sandtray Journeying
 Reiki Energy Sessions
 Spiritual Guidance
 Ceremonial Services
 Counselor Sandtray Training
Barbara Stott
 Counselor & Integrative Therapist
(541) 747-6900

ew Classifieds

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.
VINTAGE (SOME updates) 3-bdrm, large bath, covered patio. \$930/mo, includes yard maintenance and trash service. NP. NS. Horn lane, 521-6397.
CLEAN VINTAGE 1-bdrm cottage in lovely shared fenced yard. Whiteaker, no pets, NS. \$560/mo+. 344-2234.
ROOM IN Whiteaker. Hot tub. Open Sept. 1st. \$220/mo. \$220 deposit. 342-4417.
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.
GAY MALE preferred to share house. Master bedroom, private bathroom. Minutes from UO. Avail. 9/20. \$400/mo + 1/2 util. Ed, 746-5963.
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.
TWO ROOMS for rent in easy-going west side home. Great neighborhood. Share with two adults, one 4 yo, one cat, and one dog. \$300/mo each, plus 1/5 utilities. 687-1968.
GREAT HOUSE in South Hills for rent with hot tub, garden, W/D. Half of house with private kitchen, bath, bedroom, no pets. \$475/mo. plus utilities. Avail 9/1. h 344-7825, w 682-3279.
ROOM + BONUS space, share bath. Includes utilities. NP/NS. \$325/mo., \$325 deposit. 521-6397.
SUNNY RIVER Road House. 2 rms available end of August. \$325, \$235/mo. Hardwood, solar, vegetarian, bike path and bus close. Please be tidy, stable. 686-6761. See www.ewfn.org/~spencerj/Tour/tour.htm
FURNISHED PRIVATE bedroom. Quiet, fun, home to share in SE Eugene. For mature, dependable person. Close to UO, LCC, bus route. \$360/mo, incl. utils. Kristi at 912-9825.
RUSTIC CEDAR attic w/skylight, organic gardens, established household, W/D, \$300/deposit, utils. Avail Sept. Peace now. 710-8304.

Self-Renewal Day/Weekend
 Renew, reflect, redefine, redirect...restore balance in your life...and in your Being.
 Held on 9 beautiful acres only 15 min. from Eugene.
 For flyer/details, call Nancy Hopps:
683-9088
 (SEE PRACTITIONER'S GUIDE FOR INFO ON NANCY)

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 687-6790 • www.inhalelife.net
 3225 Willamette St. Suite 3-D

Within Reach
 Affordable, down to Earth natural healthcare for all ages, lifestyles and incomes
Rachel Gross, N.D.
Tom Donnelly, N.D.
935-3453

Healing Massage
 Deep Tissue • Swedish • Trigger Point
 Myofascial Release • Essential Oils
Lucia McKelvey, LMT • Nationally Certified
 Days, Evenings, Weekends
541-683-3286
 LIC.#8250

COZY, QUIET 2-bdrm duplex. Mature, eco-conscious female to share veg. kitchen, W/D. Nice yard, run trail, bus line, mellow cat ok. NS. \$320/mo, 1/2 util. First, last, deposit. 485-5363.
AVAILABLE NOW! Roommate wanted to share nice 2-bdrm duplex on 15th/Jefferson near UO and downtown. Friendly, warm atmosphere. Free W/D, on bus line, nice kitchen, large backyard, covered porch, all utilities paid, quiet. \$367.50/mo. Non-smoker. Call Josh at, 434-0491.
ON WEST Broadway. Three men looking for fourth person to share house. Quiet street just west of downtown. The house is kept clean and the room is large. \$320/mo includes utilities. Available September first. Please, no pets. 345-7185.
ROOM AND BOARD in exchange for caregiver duties. Extra large private room and bath in lovely Ferry Street bridge home. Big yard with garden, berries, pets. OR Background check. 344-3423.
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)
ROOMS FOR RENT: \$325, \$350, \$375/mo. + util. Sept. 1. Ferry St. Bridge. Spacious house, yard. W/D, easy bike and bus. Vegetarian women preferred. 345-7656.
SEEKING HOUSEMATE, Howard Ave. 1/2 acre organic flower, veggie garden with mid-20s, clean, kind folks and 2 cats. No dogs. Available Oct. 1. Female preferred. \$342.50/mo, + 1/3 bills, deposit. Call 689-8769.
ROOM FOR RENT in large remodeled house on river. Santa Clara area. \$400/mo. Call Jeff at 912-0528.

Compulsive Overeaters
 Therapy Group
 Small, confidential, non-diet approach
Tues. 4:45 - 6:30pm, Begins Sept. 9
 \$20/ session • \$45 intake interview
Susan Y. Johnson, MA LPC
683-1046

Ever had a Brazilian or Sphinx?
 Try it now! Bring a friend & get 1/2 off!
GIRLS!!! Summer is almost here!
Petra's
 Full Body Waxing & Skin Care
Call (541) 543-9820

PERSONAL COACHING
 Individuals / Couples Counseling
 Grief • Depression • PTSD • Anxiety
 Weight Loss • Rapid Eye Therapy
 Past Life Regression
Kay Porter, Ph.D.
342-6875

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