


## Acupuncture & Naturopathic Medicine

INTEGRATED NATURAL MEDICINE

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



- Acupuncture
- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

**334-6855**



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  
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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

LIC.#6260

## FREEDOM OF EXPRESSION

### BODY NOW!

*Mind  
Body  
Spirit*



**Women's Health & Fitness**

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 Alder Brooke Healing Arts

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### LICENSED MASSAGE THERAPIST



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

Medical Massage  
Sports Massage  
Light Touch / Deep Tissue

NATIONALLY CERTIFIED

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

OR LIC. #2073  
FL LIC. #NB34027

*Nancy Mac*  
counseling

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

Individuals / Couples  
sliding scale 485-4559

## ew Classifieds

**2552 KINCAID.** 3-bdrm, 1-ba. \$975/mo. First, last and deposit. 342-5354.

**CLOSE IN** country. 4-bdrm house, clean, skylights, wood heat, on beautiful shared organic land 15 min. drive south of Eugene. No smoking, horses. \$900/mo. 1st, last, security. Lease. 342-5027.

**CLEAN VINTAGE** 1-bdrm cottage in lovely shared fenced yard. Whiteaker, NP, NS. \$560/mo + 344-2234.

**17TH AND OLIVE.** 3-bdrm, 2-ba, 1920's house for rent. Close to UO and downtown. Yard, garden, laundry, fireplace, and shop. No dogs. \$1,200/mo + deposit. 343-8158.

### Rooms for Rent

**FEMALE OR** male welcome to share 5-bdrm, 1-ba, W/D, large backyard, org. garden, with UO students. \$250/mo + utils. 2520 Oak. 431-1740. Available Sept 1.

### Shared Housing

**ROOMS FOR** Rent: \$325, \$350, \$375/mo. + utils. Sept. 1. Ferry St. Bridge. Spacious house, yard. W/D, easy bike and bus. Vegetarian women preferred. 345-7656.

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

**WANTED: MELLOW** NS woman roomie without pets, for extra large (14' x 23') modern room. Private bath, entrance, bike path, close in River Road.

**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 utils. First, last, deposit. 485-5363.

**ROOMS FOR** rent in shared house. Outside of Eugene, 6 miles SW. Shared kitchen and baths. Vegetarian kitchen, organic gardens. Women preferred but were open. NP. 232-5119, leave message for Jeff.

**ROOMS IN** house on 40 acres, 15 min. outside of Eugene. Shared vegetarian kitchen and organic gardens. Women preferred, but open. No pets. Call 344-1469. Leave message for Daniel.

**RUSTIC CEDAR** attic with skylight, organic gardens, established household, W/D, \$300/mo, deposit, utils. Avail Sept. Peace now. 710-8304.

**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.

**ROOMMATE WANTED:** fun, friendly, UO student seeking same for furn. 2-bdrm, 1.5-ba townhouse on bus route. \$400/mo, includes utils. Pool, W/D. 343-2245.

**VEGETARIAN,** open-minded woman wants to share her eco-friendly home with same. Own bath, hot tub. \$300/mo +. 461-0511.

**NEED TWO** more roommates! Great house, mellow people, lots of space, nice fenced yard, huge kitchen, close to campus. \$300/mo + utils. Call Katie or Max at 683-2763.

**OLD VICTORIAN** art, music house near campus. Sunny room. \$325/mo, utilities included. 521-7756. Also Country Lodge Style in the City. Large 3-bdrm home on 2 acres near Lane Community College. 521-7756.

**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.

**LARGE ROOM,** quiet, close, private, secluded, W/D, efficient, fireplace, mature, balanced, decks, newer, NP. \$295/mo +. 344-1964.

**BEAUTIFUL GODDESS** household by river bike path with yard, flowers, trees, fireplace. \$350/mo + 1/2 utilities. Women preferred. NS, ND. 607-2703.

**CLOSE DOWNTOWN.** Large master bdrm of lovely renovated house. Wood flrs. Quiet street. Quiet, NS, vegetarian preferred. \$375/mo, plus 1/3 utils. 485-3905.

**VEGETARIAN HOUSEHOLD.** Avail. 9/1. Great location. Quiet, clean, earth-friendly, organic garden. \$330/mo. + \$300 dep. Includes all utilities. Call eves, 242-3318. No cigs, pets.

**ROOM FOR** rent. S. hills, share with SM, 1 cat, no more pets, 1/2 utilities. Quiet neighborhood. NS, mature, open-minded, SM preferred. \$300/mo. Do we fit? 343-2805.

**MCKENNA ESTATES.** \$350/mo. Utils. included. First, last to move in. Close to bus, private bath. W/D. Free cable. Small pet okay. Weight room. Located in beautiful tree lined area. Away from beaten path. Very private and scenic. Lots of wildlife. Marlies, 554-5602.

**SHARE LARGE,** lovely house with mellow, eco-friendly female. Close to everything, W/D, private bathroom, organic garden, big front porch. Prefer non-smoking female. No pets. \$300/mo, 1/2 natural gas. 465-9432.

**GAY MALE** preferred to share house. Master bedroom, private bathroom. Minutes from UO. Avail. Sept. \$400/mo + 1/2 utils. Ed, 746-5963.

**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.

**DEXTER** 30 min. to Eugene. \$250-300/mo to share eco conscious, vegetarian household. Greenhouse. Kid friendly. 937-2970.

**LIGHT AND** bright room in Whiteaker 3-bdrm house. Two blocks from river, W/D, NS, ND, NP. \$275/mo, 1/3 utils, \$200 deposit. 338-2966.

**2 ROOMS** in mid-valley country home. \$300/mo each, plus utils. Pets okay, including horses. Prefer vegetarian. Outdoor smoking okay. 503-787-2407.

*Patricia Robinett*  
Hypnotherapist

"Healing is always certain."

**686-LOVE**

Call for free consultation



## FEELING HOPELESS?

Shamanic Healing can address your illness on all levels. Restore the integrity of your soul force. Augment your current healing plan.



**Karuna Gatton**  
Shamanic Practitioner • 10 years in Eugene  
Holistic Massage • Reiki Master  
**485-3881**

LICENSE #0612

## FOUR WINDS YOGA

FOR BODY • MIND • SPIRIT

### We have Moved!

New Location  
**3575 Donald St. Eugene**  
in the new Tamarack Wellness Center

**Reopening Sep. 2**  
(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 Beginning Yoga Series!**  
\$50 for 8-week series  
Preregistration required

\* Rent a Room \*  
at Tamarack Wellness Center for  
Workshops, Classes,  
Events & Meetings  
Beautiful setting  
with lots of trees  
in a quiet neighborhood

484-6100  
info@fourwindscenter.com

### FALL CLASS SCHEDULE

Classes begin Tuesday, September 2, 2003

MONDAY		
9:15am	Beginning Level Yoga	Lynne
3:45pm	Core Strength - Intermediate	Mika
5:30pm	All Levels Yoga	Verna
5:30pm	Beginning Series Yoga	Vandana
Sep. 8 - Oct. 27 (Preregistration required)		
7:15pm	Continuing Level Yoga	Sheryl
7:15pm	Gentle/Beginning Level Yoga	Netti
TUESDAY		
9:00am	Posture Flow - Intermediate	Glen
9:15am	Gentle Yoga for Women	Donna
3:30pm	Beginning Level Yoga	Glen
5:30pm	Yoga Dance - Contin/Intermed.	Jean
5:45pm	Therapeutic Yoga	Karen
7:15pm	Beginning Series Yoga	TBA
Oct. 21 - Dec. 9 (Preregistration required)		
WEDNESDAY		
9:15am	Beginning Level Yoga	Donna
11:45am-12:30pm	Chanting & Meditation	(Free)
5:30pm	Prenatal Yoga	Nancy
5:30pm	Ashtanga - Level III	Matt
7:15pm	Posture Flow - Contin/Intermed.	Lisa
7:15pm	Beginning Series Yoga	Michele
Sep. 17 - Nov. 5 (Preregistration required)		
THURSDAY		
9:00am	Posture Flow - Contin/Intermed.	Nancy
9:15am	Gentle Yoga for Women	Donna
11:00am	Mama & Baby Yoga (60 minutes)	Nancy
5:30pm	Beginning Series Yoga	Michele
Sep. 11 - Oct. 30 (Preregistration required)		
5:45pm	Gentle Beginning Yoga	Lynne
7:15pm	Continuing Level Yoga	Michele
FRIDAY		
9:15am	Continuing Level Yoga	Donna
11:30am	Gentle Yoga - Stretch & Breathe!	Donna & Jeep
5:30pm	Ashtanga - Level I	Tom
5:30pm	Beginning/Continuing Yoga	Vandana
SATURDAY		
8:00am	Ashtanga - Level I & II	Tom
10:00am	Beginning/Continuing Yoga	Lynne
SUNDAY		
5:30pm	Ashtanga - Level II & III	Tom

♥ Those with cancer or long-term chronic pain may qualify for free or reduced classes.

**Introduction to Yoga** workshop \$15 with one yoga class  
Sunday, Sept. 14, 5-7:30pm Preregistration required

## YOGA WEST

3635 Hilyard

### The Power of Kundalini Yoga

#### TEACHER TRAINING Q & A Session

Sat. Sept. 6th • 1-2:30pm

On-Going Drop In Classes Open to All Levels  
Weekday eves.: M Tu W Th 5:30pm; M 7pm  
Saturday Morning Wake Up Call 8:30am  
Women's Class: Sat 10:30am  
Sunday Evening Series 5-6:30pm  
Sat Nam Rasayan Practice Group Th 7pm

NO CLASSES LABOR DAY  
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
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- ◆ STRUCTURAL REALIGNMENT
- ◆ ENERGETIC REBALANCING
- ◆ DEEPLY RESTORATIVE WORK FOR INJURY, TRAUMA, AND SURGERY

**343-4415**  
Integrity • Wisdom • Skill

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.net  
3225 Willamette St. Suite 3-D


## ROLFING

**Karen Lackritz**  
CERTIFIED ADVANCED ROLFER  
CERTIFIED ROLF MOVEMENT PRACTITIONER  
Therapeutic Yoga classes available for clients

**345.2926**

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## CranioSacral Therapy for women, children and infants.



A Gentle Approach to:

- ADD & ADHD
- Colic
- Releasing Trauma (including birth)
- Anxiety & Depression
- Head & Spinal Cord Injuries

**Heather McCarley LMT** studio 268  
268 West 7th  
**485-7273**  
Studio 268  
BEAUTY & WELLNESS SALON