

Acupuncture & Naturopathic Medicine
INTEGRATED NATURAL MEDICINE
Dr. Robert Clarke N.D., L.Ac.



- Acupuncture
- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

334-6855

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



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LIC:#8260

FOUR WINDS YOGA
 FOR BODY • MIND • SPIRIT

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

New Drop-in Classes!

Mondays 7:15pm Continuing Level
 with **Sheryl Allen**, RN, I.Y.T., C.A.S.,
 certified as an Integrative Yoga Therapy instructor/Clinical Ayurvedic Specialist, Sheryl's classes focus on awareness of breath and alignment, with the elements of creative imagery, movement, and sensitivity.

7:15pm Gentle/Beginning
 with **Netti Garner**, RYT, RN
 Netti shares a holistic view grounded in the Interdisciplinary Yoga tradition. With a nursing background, Netti has knowledge about body mechanics and is able to adapt postures to accommodate health issues.

Tuesdays 3:30pm Beginning Level
 with **Glen Tippen**
 With his ever-popular Intermediate class, Glen now shares his teaching to the beginning level students with his enthusiasm and humor. You'll enjoy gentle postures with Glen's "take" on ancient yogic wisdom.

5:30pm Yoga Dance
 with **Jean Nelson**
 Jean is a trained dancer with the Masters in Dance at the U of O, her classes are kinesthetic and structural in approach, while creating a nurturing and supportive learning environment. She also received an intensive teacher training in Ashtanga from David Swenson.

Visit our website for complete schedule
Office Hours: 8:30am-7:30pm Mon-Thu
8:30am-5:30pm Fri 9:30am-12:00pm Sat
www.fourwindscenter.com
484-6100 info@fourwindscenter.com

Saturday Sept. 13th

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Introductory Package:
3 classes for \$15

10 classes weekly

349.YOGA



Nancy Mac
 counseling

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

Individuals / Couples

sliding scale **485-4559**

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- ◆ STRUCTURAL REALIGNMENT
- ◆ ENERGETIC REBALANCING
- ◆ DEEPLY RESTORATIVE WORK FOR INJURY, TRAUMA, AND SURGERY

343-4415
 Integrity • Wisdom • Skill

ew Classifieds

COUNTRY HOME in non-profit artist's community. 2-bdrm and loft, 2-ba, laundry, etc. 16 acres, beautiful organic garden, river, pond, etc. Shop and studio space available. 30 min from Eugene, LCC. \$700/mo, utilities. Last, deposit. Avail now. 933-2568. Serious only inquire please.

2560 KINCAID. 3-bdrm, 1-ba. \$975/mo. First, last and deposit. 342-5354.

CHARMING COZY cabin. 20 min drive. Clean, quiet, on beautiful organic land. Shared bath, vegetarian kitchen in adjacent building. \$295/mo. No dogs, NS. Lease, security. 342-5027.

BEAUTIFUL 450 sq. ft. round home on 3 household community near Lorane. Add, 1 studio, kitchen, rustic bath. NS. Creek, sauna, nature sanctuary. \$400/mo+. 767-0583.

SMALL 3-BDRM House down Mosby Crk, Cottage Grove. Garden, acreage, \$600/mo. 1st, last, deposit. 349-0161.

GORGEOUS ACREAGE
 Great views, close-in country. Lesbians preferred. 1,200 sq. ft. duplex, 2+ bdrm, large kitchen, dishwasher, pantry. Friendly pets ok. Private pool, hot tub. \$800/mo. Avail 9/1 or before. **541-465-9268**

SE 3-BDRM house, wood floors, wood stove, fenced yard, garden, pets ok. \$1,050/mo + deposit. 681-9715.

Shared Housing

ONE HOUSEMATE needed to share large 3-bdrm home. \$400/mo. 1370 North Park. 461-5446.

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.

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.

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

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.

SHARED COMFORTABLE home with wood stove. Rooms unfurnished and furnished, \$325/mo+ utils and deposit. I am a lesbian seeking respectful, healthy others. NS, ND, no drinking. No more pets. Good location, bus line. 741-1210.

FREE RENT! camchicks.com seeks female roommate 18-22 willing to share her life on live webcam. Imagine no more rent and all utilities paid! Plus potential for profit sharing. Nice, fun, drug-free house. Not porn, but nudity unavoidable. All styles of appearance ok. Visit our website then email gina@camchicks.com or call Gina, 953-8200.

BEAUTIFUL, COZY, eco-conscious household filled with magic and spirit. By river bike path with yard, fruit trees, fireplace. \$350/mo + 1/2 utilities. Women preferred. NS, ND. 607-2703 or 345-3575.

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

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.

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.

QUIET, CLEAN, safe. Smoking outside. No drinking, ND, NP. One person per room. Close to UO and LCC. \$200-\$375/mo, includes utils. Deposit \$200-300. 686-4256.

BRIGHT 10X13 rm with oak flr, in 2-bdrm home. Quiet River Rd area. Lrg yard with fruit trees, garden. \$375/mo, incl utils. 689-0976.

NEW TOWNHOUSE to share. \$400/mo, includes all utils. Call after 9pm, 541-954-7972.

ROOM in furnished flat. \$375/mo + deposit. Historic house near fairgrounds. W/D, deck, hardwood floors, clean, elegant, classic. 554-6727.

ENTIRE TOP floor of large house. Very private and quiet. 2 rooms, 1.5-ba, great light and windows, walk-in closet. 3 blocks N. of Chambers overpass. Please no pets or tobacco. \$475/mo and deposit. Available Sept 1. 607-3454.

IN THE COUNTRY and only 20 min from UO. Quiet, peaceful. Sunny room with river view. W/D, garden. \$395/mo, incl utils. NS, no dogs. 942-8036.

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

SE HILLS community. Looking for communitarian. Large sunny room, gardens, forest setting. Couples ok. Avail 10/1. 431-0699.

NICE VIEW. Share townhouse in South Hills with female and cat. Pool, jacuzzi, W/D. \$300/mo + utilities. NS, no pets. 554-1170.

INTERNATIONAL ON West Broadway. 2 people looking for 2 more roommates to share home. The house is kept clean and one room is large. \$320/mo for lrg room, \$260/mo for other room. Includes utils. Avail now. Please, NP. 345-7185.

2 ROOMS avail in 4-bdrm, SE Eugene home. Seeking quiet, mature people for eco-friendly over 25 yo household. Vegetarian kitchen. W/D included. \$275/mo and \$290/mo + 1/4 utils, \$200 deposit. 686-1316.

FEMALE SEEKS roommate to share 2-bdrm house in Springfield. Large fenced yard. One dog welcome. \$350/mo, 1/2 utilities. 747-8161.

ROOM AVAIL in creative and friendly home. 10/01. Near downtown, River pass. Green house, big yard, W/D, cat? \$300/mo, + 1/3 utils., \$300 deposit. 345-5286.

ROOM AVAIL near Laurelwood golf course in large house. Beautiful yard, view. Private bath. \$370/mo. Call. 579-1822 for details.

ROOMMATE NEEDED. Responsible, NS, pets possibility. Preferably female. \$300/mo. + utilities. 302-8082.

SHARE 3-BDRM 1-ba home with 2 females and 2 dogs. Quiet Westmoreland neighborhood. Seeks health conscious happy individual. \$250/month, 1/3 utils. 344-2667.

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.

ESTABLISHED HOUSEHOLD (12 yrs) near Sundance. Beautiful large home, veg meals, quiet street, sunny yard, garden, hot tub, sauna, DSL, \$315/mo. + 343-1926.

ROOM in house. Late 20's female preferred. Diversity important. \$288/mo + 1/2 utils. Near Sam Bond's garage. Deck and covered porch, drive way parking, huge garden. 1 cat, Kitten ok. NS, or dog. Avail end Sept. 686-1854.



Buick



BUY ME! I'm a 1991 Skylark 4-door sedan. I've got automatic, cruise, power steering, A/C, power windows and locks. Push my buttons! AM/FM cassette for tunes. 130K and still going at 30+ mpg. A few minor dents, rust. I'm very trustworthy. Not just a car, but a lifestyle for only \$995 OBO. 484-0519 x13 day or 683-3851 eve.

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 Women's Class: Sat 10:30am
 Sunday Evening Series 5-6:30pm
 Sat Nam Rasayan Practice Group Th 7pm
Call 686-0432 for recorded schedule

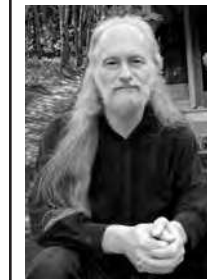
DAVID LANG

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FALL OFFERINGS

EYE ON THE I: Meditation Techniques
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 6 week class beginning
 MONDAY, OCTOBER 6TH • 7-9:15 P.M.

WOMAN WISE:
Healing from Body to Soul
 with **Ruthanne Harris Carosio, M.A.**
 6 week group beginning
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 FOR OUR FALL NEWSLETTER **687-2835**

