

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
Megan Haug LMT • Lic # 10180 • 684-6840
NATIONALLY CERTIFIED & EXPERIENCED



**The Power of
Kundalini
YOGA**

**AYURVEDA
CLASSES**

with Dr. Partap Chauhan
Physician, Author and Educator

INTRODUCTION TO AYURVEDA

Thurs. Oct. 2nd 7-9pm \$20
Tamarack Wellness 3575 Donald

Continuing at Yoga West
3635 Hilyard St.

COOKING & NUTRITION FOR YOUR FAMILY

Friday Oct. 3rd 7-9pm \$20

VIBRANT HEALTH, STAYING HEALTHY

Sat. Oct. 4th 2-5pm \$30

TAMING THE MIND & HEALING THE HEART

Sunday Oct 5th 2-5pm \$30

Call 687-5929 or visit
www.ayurvedic.org for details

NEW!!

STARTING SEPT. 24TH

MIDWEEK MORNING YOGA

Wed 8:45-10am w/Viriam Kaur

On-Going Drop In Classes Open to All Levels

Weekday eves: M Tu W Th 5:30pm; M 7pm

Weekends: Sat 8:30am: Sun 5pm

For Women: Sat 10:30am: Pre-Natal: Tu 7pm

Sat Nam Rasayan Practice Group Th 7pm

Call 686-0432 for recorded schedule

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
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BIKRAM YOGA

Expanded Schedule!
14 classes weekly

Intro Package:
3 classes for \$15

349.YOGA



SPIRITED WOMAN® WORKSHOP



Is Coming to Eugene!

Be Playful
Feel Empowered

9/27 or 9/28, 1-4pm
at Tamarack Wellness Center
3575 Donald Street
Call: 888-428-1234



We have Moved!

New Location

3575 Donald St. Eugene

in the new Tamarack Wellness Center
(Former Easter Seals School building)



Come visit our booth at the
Health & Well-Being Celebration
downtown during
the Eugene Celebration
Sat & Sun, Sep. 20 & 21

Free Classes Downtown in the Atrium Building

Sat. 10:00 AM Donna All levels
Sat. 2:00 PM Nancy All levels

Free Classes Back at our new center on Donald St.

Sat. 8:00 am Tom Ashtanga I & II
Sat. 10:00 am Lynne Beginning/Cont.
Sun. 12:00 pm Netti Gentle/Beginning

Free classes are offered Sep. 20&21 only

Visit our website for complete schedule

www.fourwindscenter.com

Rental space available

Office Hours: 8:30am-7:30pm Mon-Thu
8:30am-5:30pm Fri 9:30am-12:00pm Sat

484-6100
info@fourwindscenter.com

ew Classifieds

PRIVATE GUEST house. 1-bdrm with loft, French doors, large kitchen, laundry. Off street parking. In Santa Clara. \$400/mo. Please call Ann, 689-8809, or message, 689-8802.

RUSTIC STUDIO, wood heat, garden, acreage, Mosby Creek, CG. 30 mi from Eugene. \$250/mo + partial utils., \$100 deposit. Call 349-0161.

CLEAN STUDIO apt. in 1890's colonial. \$365/mo. 529 Monroe. Pets ok with fee. 338-2190.

NEAR DOWNTOWN and UO. 4-3-bdrm, 2-ba. 1,500 sq. ft. Central air. NP 1160 Charnelton apt c. \$1,200/mo, lease. 485-3680 or 913-8556.

3030 WILLAMETTE. Bright, large 3-bdrm townhouse, 1.5-ba, new paint and carpet, W/D, deck. By campus, bus and shopping. \$865/mo. 729-7200.

UTILS PAID. Unusual 1920's attic apt. \$510/mo. 460 Monroe. Pets ok with fee. 338-2190.

Duplexes for Rent

HAYDEN BRIDGE Duplex. 2-bdrm. Great neighborhood. Newly refurbished. Spacious. Clean. Large Kitchen, dining area. Laundry room. Storage. Patio. NP \$625/mo, deposits. 2492 Laralee. 954-3289.

NEWLY REFURBISHED, 2-bdrm, 1-ba. Family room, fire place, patio, garage, W/D hookups, quiet area on bus line. NP. \$725/mo. 805-969-9133.

2-BDRM, FIREPLACE. 1815 E. 19th Ave. Close to Campus. \$795/mo. 345-4775.

Homes for Rent

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

ART STUDIO. Large building with cement floor, loft, stove, fridge, shower in wonderful, secure, shared yard. NS, no dog. \$500/mo +. 344-2234, Whiteaker.

1920'S HOUSE. Cute 2-bdrm. 1097 W. 8th. \$775/mo. 338-2190.

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 STUDIO cottage in community. Skylights and lots of windows. Modern interior. Large bathroom/dressing room. Located near bike path, bus route, running path. No pets, NS. \$535/mo. (incl. utilities) 687-3556.

QUIET, CHARMING 3-bdrm, 1-1/2 ba. Fireplace, wood floors, fenced yard. Family neighborhood, near Oakway Mall and small park. NS. \$975/mo, lease. 895-2957.

CLEAN AND sunny 4-BDRM house on 11 shared organic acres. 15 min drive to Eugene. Skylights, wood heat, llamas, orchard. NS, or horses. \$900/mo. Lease, last, security. 342-5027.

SE 3-BDRM house, wood floors, wood stove, fenced yard, garden, pets ok, minutes to hiking trail. \$975/mo + deposit. 681-9715.

COUNTRY HOME in nonprofit artist's community. 2-bdrm and loft, 2-ba, laundry. 16 acres, beautiful organic garden, river, pond. Shop and studio space available. 30 min from Eugene, LCC. \$700/mo, and last prorated, deposit. Avail now. 933-2568.

PRIMO 1-BDRM cottage. 800 sq.ft. wood floors and tile. South facing deck. South Hills. \$700/mo. 485-3422.

Shared Housing

QUIET, BEAUTIFUL land near Lorane. 2-bdrms avail in charming home. Part-time roommate. Organic garden, trails, creek, sauna. 30 miles to Eugene. NS. 1-2 people. \$500-600/mo +. 767-0583.

NEAR UO. Share 2-bdrm, 1-ba house with grad student and dog. \$390/mo + utils. W/D, fenced yard, wood floors, dog ok. Call 206-660-5820.

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

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.

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.

SOUTH EAST family home. Large bdrm, bathroom, furnished. Shared kitchen and laundry. NS, NP. \$395/mo includes utils. 683-5926.

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.

2 ROOMS OPEN on 10 acre vegetarian farm in S. Springfield near river. 15 min. to downtown Eugene. Potential for horse(s). \$290/mo, incl utils, + dep. Avail 10/1. 736-7257.

DEPENDABLE NS wanted to share "people" house. West Eugene. Laundry, Internet, cable. \$370/mo. Includes all. 515-2445.

FERRY ST. Bridge area. 1 room in 2-bdrm duplex. Quiet neighborhood. \$325/mo + 1/2 utils. 914-4256. No drugs, NS.

1 ROOM available. 3-bdrm house. 18th and Chambers. Direct bus to UO, W/D, great study, NP, NS, \$325/mo. incl. utilities. 914-3224.

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)

REIKI & MASSAGE

Reiki energy comes through the practitioner's hands when put on strategic places on the body such as organs and glands. Through day to day stress these areas become overheated and overactive, leading to anxiety and or illness. Reiki can also assist the energy field in the body with proper movement. A luxurious full body massage is included in the Reiki treatment.



1 1/2 - 2 hr. session, \$65

Karuna Gatton LMT
Holistic Massage • Reiki Master
License# 0612 **485-3881**



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Shamanism

683.3756

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to Spirit?

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Enhance self-esteem and improve personal and professional relationships through caring, assertive communication. Learn to:

- Make respectful requests
- Deal with anger & criticism
- Become more self-caring
- Set boundaries with others
- Decrease depression & anxiety
- Say "no" without guilt

• Become more peaceful within

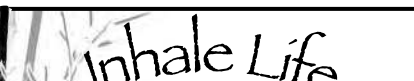
8 Tuesdays, 7-9pm • Oct. 14 - Dec. 2 ~ \$175 - \$225
To preregister, call **343-2339**

STRONG HANDS MASSAGE



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SPECIAL
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NOW ACCEPTING VISA/MC
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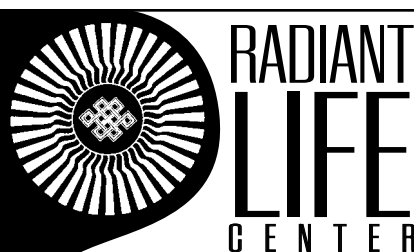
18 YEARS EXPERIENCE



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Grief Support

Individual & Weekly Group
Support Sessions



FALL OFFERINGS

EYE ON THE I: Meditation Techniques
for Healing the Mind & Heart w/Louis Carosio, M.A.
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
TUESDAY, OCTOBER 7TH • 7-9:15 P.M.

OPENING TO A RADIANT LIFE:
Breathwork & Meditation Retreat
with Louis Carosio, M.A.
OCTOBER 17TH-19TH

FOR MORE INFORMATION, CALL
FOR OUR FALL NEWSLETTER **687-2835**