

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



DAVID LANG



Urban Shamanism

683.3756

With respectful guidance, David will guide your recovery of joy, health, passion, magic...

urbanshamanism@msn.com

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

BIKRAM YOGA

Expanded Schedule!
14 classes weekly

Intro Package:
3 classes for \$15

349.YOGA



ADDICTIVE BEHAVIOR

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

New Drop-in Classes!

Mondays
7:15pm Contin./Intermed.

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

ew Classifieds

Commercial Rentals

A P/T MESSAGE office for rent in a quiet Victorian building near downtown. Good opportunity for referrals. Call Carissa, 515-8385.

CAFE? RETAIL? OFFICES? 741 Lincoln. 1,050 sq. ft., first floor. 550 sq. ft. upstairs + basement storage. \$1,200/mo. 345-6466.

STUDIO SPACE. 100 sq. ft. room to share with other artist/musician. In growing coop house. signage avail. Art show space. \$75/mo, 6 mo. lease. 345-9225.

TWO ROOM office suite. Modern, air conditioned building. Lots of parking. 730 W. 7th. \$350/mo. 345-6466.

WAREHOUSE space. Zoned light industrial. New building, West Eugene, natural gas, cable, bath with shower. 840 sq ft (not including add'l 500 sq ft loft). \$460/mo. Water paid. First, last, dep. 683-4045.

Apts. for Rent

2-BDRM, NEWLY refurbished, spacious, clean, quiet. Large patio. Storage. Laundry facility. Parking. NP \$550/mo, deposits. 577 W. 10th. 954-3289.

S. OF UO hills. Studio. \$410/mo. Fireplace, storage, patio, W/D, parking. Clean and quiet. 954-2272.

BE YOUR own landlord! EBHC is looking for community-minded individuals/families interested in cooperative living. Section 8 OK! No application fee! No more cats/dogs. Call for information, 683-0745.

Duplexes for Rent

NEWLY REFURBISHED, 2-bdrm, 1-ba. Fire place, private patio, garage, W/D hookups, quiet area on bus line. NP \$725/mo. 805-455-8061 or 805-969-9133.

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

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.

ONE BEDROOM, 380 W 4th, some furniture, off street parking, NP \$425/mo. 343-1178.

Homes for Rent

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.

\$810/MO. HILLS S. of UO. 2-ba, 2-bdrm. Artist's studio, fireplace, weatherized, W/D, oak floors, parking, yard, dog? 344-2448.

SE HILLS. Peaceful and clean. New floors & appliances. 2-bdrm, 1.5 bath, garage, yard, patio, pet? \$750/mo. 484-5252.

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

LOG CABIN. Ancient trees, ponds. For mature enthusiast who prefers to live without electric or running water. 30 miles north of Eugene. \$100/mo. John, 541-424-3569.

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

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.

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.

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

SPRINGFIELD HOME to share with 40 y.o. male. 3-bdrm, 2-ba recent remodeled home. One room avail, \$350/mo, include all utils. Brand new carpet and fresh paint. Gay friendly home. Call 521-3977, iv msg. if no ans.

1 ROOM available. 3-bdrm house. 18th and Chambers. Direct bus to UO, W/D, great study, NP, NS, \$325/mo. incl. utilities. 683-3224.

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.

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.

BRIGHT, HEALTHY home by River Rd. bike path and bus. Organic gardens, greenhouse, hardwood floors, gas heat, W/D. Share open communication with female and friendly dog. NS, NP \$340/mo. +. Call Jen at 914-2225.

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

GRAD STUDENT looking to share 3-bdrm house with responsible other. Couples OK. NP, must love dogs. \$425/mo. 683-5046.

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

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.

2-BDRM HOUSE, 1-bdrm avail. Female vegetarian pref. NS, no drugs. Close to UO. \$300/mo + 1/2 utils, \$100 deposit. 687-9626.

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

ROOM FOR rent. S. hills, share with SM, 1 cat, pets negotiable, 1/2 utilities. Quiet neighborhood. NS, mature, open-minded, SM preferred. \$300/mo. Do we fit? 343-2805.

SHARE 2-bdrm house in quiet SE Eugene. Close to everything. Wood floors, natural gas, W/D, big windows, back yard, garage, storage. Female preferred. NS, NP \$375/mo. 343-7858.

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.

COMMUNITY household. 9-bdrms, shared dinners. Seeking responsible, clean housemate with good communication skills. \$325/mo + utilities. 484-1156.

ROOM AVAIL. Great view, close-in country. Lesbian preferred. Friendly, pets ok. Large room, \$400/mo. Small room, \$325/mo. Very peaceful setting with easygoing roommate. 541-543-5776.

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)

NEED HELP? Trying to find a roommate and only finding losers? The people you want to live with read Eugene Weekly Classifieds. Advertise your shared housing opportunity today. Call 484-0519



Buick



GOOD MILEAGE and comfort. 1991 Skylark 4-door sedan. Automatic, cruise, power everything, A/C, AM/FM, cassette. 130K miles, runs well and gets 30+ mpg. Minor cosmetic dings. Drive the Mushy Leonard Experience for \$950 OBO. 484-0519 x13 days or 683-3851 eves.

Ford

ESCORT WAGON, 1992. New timing belt, needs brakes. \$400. 484-4929.

Oldsmobile



HANDICAPPED EQUIPPED 1986 Oldsmobile 98 with electric handicapped scooter that fits into trunk with electric lift to put in and out of trunk. All for \$1,700 or offer. Al, 485-7240.

Plymouth



1987 VOYAGER van. Runs great, new tires, nice, must sell. \$1,650 OBO. Very clean. 221-1230.

Subaru



1980 SUBARU Wagon. 4WD. New tires and radiator. Good runner. Great ski car. \$500. Call 942-3221.

Volkswagen



1990 SYNCRO Adventurewageon Camper. 150K, needs owner looking for adventure. Rebuilt engine, tranny. \$11,500, OBO, 342-6886.

Nancy Mac
counseling

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

Individuals / Couples
sliding scale **485-4559**

RADIANT LIFE CENTER

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**

ROLFING

Karen Lackritz
CERTIFIED ADVANCED ROLFER
CERTIFIED ROLF MOVEMENT PRACTITIONER
Therapeutic Yoga classes
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Assertiveness With Love
with Anita Browning, Ed.D.
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
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