

Acupuncture & Naturopathic Medicine

INTEGRATED NATURAL MEDICINE

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



- Acupuncture
- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

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is now accepting
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BIKRAM YOGA

6:45am T Th

9am M-S

4pm F & Su

6pm M-Th

Intro Package:

3 classes for \$15

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Kathlynn Moonfire Shamanic Healer



Spirits of Nature can restore your soul,
empower your heart & heal your pain
Clearing of unwanted forces
Healing of soul loss
Hands-on healing w/drum, rattle & crystals.

Apprenticeship Program 2004

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ew classifieds

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.

Homes for Rent

70 KNOOP (River Road Area).
1930's Classic Beauty. Remodeled,
hardwood floors. New paint, car-
pet. Gas fireplace. French doors to
deck and private large organic
yard and hot tub. Two bedroom
plus 800 sq. ft. studio and shop.
Fruit trees, flowers, grapes, 6 ft.
cedar fenced. Most pets ok. Only
\$999/mo. Call 461-4486.

3 BEDROOM. 185 E. 26th. Close to
shopping, Amazon Park, Wild Oats,
restaurants, bus. Washer/dryer,
hardwood floors, deck. \$895/mo.
(first, last, deposit, lease). 484-5683
or email: david@efn.org

UNIQUE LIVING in a pacific yurt.
1,050 sq. ft. Private woodland set-
ting, 15 miles SW of Eugene.
Community garden. No dogs or
cats. NS. \$725/mo. 345-2271.

3-BDRM FARMHOUSE in
Elmira (20 mi. from Eugene).
Share 14 acres. \$750/mo, first
and last. Call Lisa, 688-6425.
Some possible work trade.

1493 W. 11TH 1920's charmer.
High ceilings, lots of windows.
Light and bright one bedroom.
Shared front porch and yard with
flowers galore. Wood floors, air
conditioner, storage area. Cats ok.
\$499/mo. Call 461-4486 for more
info.

SWEET, BACKYARD studio
house near river and bike path.
Wood floors, lots of light. Large
shared yard, garden space. Avail.
now. \$425/mo. No dogs, no smok-
ing. 689-1738.

\$810/MO. UO hills E 25th. 2-
ba, 2-bdrm. Artist's studio, fire-
place, weatherized, W/D, oak
floors, parking, yard, dog? 344-
2448.

Shared Housing
QUIET SE Home. Private
upstairs. 2 rooms, 1/2-ba,
\$415/mo. One room, 1/2-ba,
\$330/mo. Share kitchen, W/D.
Seeking mature, responsible
adult. 434-1245.

ALL AREAS-Roommate.com.
Browse hundreds of online list-
ings with photos and maps. Find
your roommate with a click of the
mouse! Visit:
www.Roommate.com (AAN CAN)

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

LARGE 3-BDRM house, RR
area. Organic garden. Share with
2 grad students, one room
\$240/mo, 1/3 utils. 689-1210.

WANTED: FEMALE seeks
roommate. \$462/mo, no deposit
and utils included. Dishwasher,
gated entry, onsite laundry. NS.
343-6179.

BEAUTIFUL, COZY, eco-con-
scious 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.

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

HOUSEMATE WANTED. Fairly
quiet and clean, no red meat, ND.
Covered space, high speed inter-
net avail. Se habla espanol.
\$300/mo, plus \$175 dep. 338-
8212.

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

**RESPONSIBLE HOUSE-
MATES** wanted to share beauti-
ful, quiet, health-oriented home.
Lots of windows, wood floors,
fireplace, W/D, organic garden,
lg. porch. Near SE hills, bike and
running paths, busline, UO, LCC.
NP, ND, NS. 2 rms. avail. \$350/mo
+ 1/3 utils. \$450 dep. 554-1557.

ENTIRETOP 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. \$500/mo and
deposit. Available Sept 1. 607-3454.

ONE ROOM avail. 6-bdrm
house. W Eugene. Take bus to UO.
\$280/mo, + utils and dep. 503-
351-3732.

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

FEMALE COUPLE has fur-
nished room for rent in new home
for respectful female or female
couple. Must be responsible and
employed. ND. Eugene area.
\$450/mo, plus dep. Utils included.
541-461-2251.

SHARE OG FARM with folks
doing coop biz permaculture. Nat
plants, alt. tech. Renting rooms in
house. Land for your own home.
Light filled, spacious house. Wood
flr, W/D, veggie kitchen, 100 ft
green hs, forest land. 30 min. SE
of Eugene. W/rk trade avail. Pets?
937-2970.

SHARE QUIET River Road
house. Two rooms, each
\$320/mo+. Bright, colorful with
garden, sun porch, hot tub, W/D.
Vegetarians preferred. No more
pets, NS. 463-9570.

QUIET, BEAUTIFUL setting.
Share 2-bdrm home with vegetar-
ian man. Garden, hiking trails. 35
minutes to Eugene. \$225/mo+.
dep. and utils. 942-8345.

SHARE BEAUTIFUL home near
river bike path. Large room avail.
Wood floors, garden, W/D, pri-
vate deck. \$375/mo + utils. 686-
2868.



Buick



GOOD MILEAGE and comfort.
1991 Skylark 4-door sedan.
Automatic, cruise, power every-
thing, 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.

Honda

1990 HONDA Civic, gray. Power
windows and locks, well main-
tained, manual. \$3,750 OBO.
Angela, 517-8490.

Plymouth



1987 VOYAGER van. Runs
great, new tires, nice, must sell.
\$1,650 OBO. Very clean. 461-
2251.

Subaru



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

Volkswagen



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

Volvo



1986 240 DL Wagon.
Automatic, 179K, 2nd owner, good
service records and maintenance,
new brakes and rear tires.
Excellent body. Some exhaust
work needed. \$1,500. 345-1024.

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TAMING THE MIND &

HEALING THE HEART

Sunday Oct 5th 2-5pm \$30

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

STARTING IN OCTOBER

2ND FRIDAY SPECIALS

PARTNER YOGA

October 10th from 7:30-9pm

On-Going Drop In Classes Open to All Levels

Weekday mornings: Wednesday 8:45am

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

Basics M 7pm; Advanced W 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



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New 8-Week Series!

**Kid 'n' Family
Yoga** with **Nancy**

3:30-4:30pm

Tuesdays

Oct. 21-Dec. 9



Free Intro! Tue. Oct. 14

Cost: \$70 for Adult & Child
Additional child: +\$30

**Beginning Yoga
Series** with **Lynne**



7:15-8:45pm

Tuesdays

Oct. 28-Dec. 16

Cost: \$50

Preregistration/prepayment required. Call now!

Schedule Update:

Mondays, 3:30pm Intermediate Yoga

with **Mika** has been canceled.

We apologize for any inconvenience.

www.fourwindscenter.com

484-6100 info@fourwindscenter.com

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*Witness the Power
of Energy Psychology*

FRIDAY, OCT. 10 7-9:30PM

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

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Advanced Craniosacral Therapy
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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
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Nancy Mac

counseling

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

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sliding scale **485-4559**

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Individual, Couples & Families Welcome

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