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DHARMA MESSAGE Center. 343-2745, M-F Morning discount, 1-1/2 hours, \$45, 34th and University, Ms. Nishan VanAtta, LIC#3430.

Classes

CHILDBIRTH PREPARATION. Birthing From Within style classes forming. Excellent for first time parents or those who have birthed before. Appropriate for any birth setting. Call Amanda, 686-1449 or Catia, 302-6214.

MEDICINE TREES. A one day workshop offered through LCC. Sat, Oct 25th, noon-6pm. For more info., 541-344-7534 or giv-@tree@earthlink.net

Coaching

GRACEFULLY LEARN to clean and organize your life from inside out. Contact Coach Phoenix Deon, 541-521-6027.

Counseling

YOUTH, ADULT counseling. Help with drug and alcohol issues, depression, self-esteem. Dustin Embers, M.Ed. 968-9471.

NINA CHERRY is taking new clients for counseling or personal coaching. 20 years experience. Trained in Hakomi Therapy, business and life coaching. 345-0025.

GOING IN CIRCLES? Therapy can help. Adults, family, child/adol. specialist. In home sessions available. EMDR. Most insurance accepted. Some discounts. Rosemary Rifino, LCSW. 687-5632.

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MAKE A NAME for your business. Advertise in Eugene Weekly classifieds. Call 484-0519.

Massage

DROP-IN MASSAGE or phone. Rejuvenation Health Spa. 10am-10pm, 7 days. Downtown. 272 W. 11th Ave. 349-0540. www.rejuv.org

GIFT OF MASSAGE for yourself or a loved one. Stress reduction, injury mgmt. Student discounts, gift certificates. Onsite chair massage for meetings and parties. By appt. Kate Custer, 913-6008, 342-5775. (LMT #10492)

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Reiki

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Tarot

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Yoga

WOMEN'S RETREAT this Sat, 10/18. Mexico Yoga retreat, 12/14 to 12/20 with Michele Bulgatz. On the coast near Puerta Vallarta. Check out www.encaantonmexico.com, \$425-\$650 + airfare. Call 541-484-3689 for details and reg.

DHARMALAYA Center for Human Development. Yoga, meditation classes. Open House: Sept 27, 1-5pm. 344-0553. www.dharmalaya.org

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Housing

Real Estate

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