


Acupuncture & Naturopathic Medicine
INTEGRATED NATURAL MEDICINE

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



- Acupuncture
- Naturopathic Doctor
- Chinese Medicine
- Homeopathy

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- Yoga for All Levels
- Non-Competitive Classes
- Drop-in & Series

Hot Yoga is back!



with **Peter** Cost: \$50 / 8-week series
Thursdays 7:30pm
Oct. 23 - Dec. 18
 Call now to preregister!

Beginning Yoga Series
 Last two for 2003

Tuesdays 7:15-8:45pm
Oct. 28 - Dec. 16 with **Lynne**

Mondays 5:30-7:00pm
Nov. 3 - Dec. 22 with **Vandana**

Cost: \$50 / 8-week series
 Preregistration/prepayment required. Call now!


Kid 'n' Family Yoga
3:30-4:30pm
Tuesdays with **Nancy**



Oct. 21 - Dec. 9
 Cost: \$70 for Adult & Child
 Additional child: +\$30


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BIKRAM YOGA
6:45-8:15am T Th
9-10:30am M-S
4-5:30pm F & Su
6-7:30pm M-Th
 Intro Package:
\$10 for 10 Days
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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

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 Tuesday 7pm continues

NEW! Starting Oct. 18th
Saturdays 1-3pm
 On-Going Drop-In Classes
BEGIN AT ANYTIME
 Call 343-7825 for details

On-Going Drop-In Classes Open to All Levels
 Weekday mornings: Wednesday 8:45am
 Weekday eves: M Tu W Th 5:30pm; M Tu W 7pm
 Basics M 5:30pm; 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
CLIP THIS AD FOR FIRST CLASS FREE

ew Classifieds

SHARED HOUSE. Close in, near bike path. Vegetarian, short-term ok, pets considered. \$275/mo + 1/2 utils. 1st, last and dep. 543-6359.

SEEKING A cool, laid back, eco-minded housemate to share a 3-bdrm, 1.5-ba, recently refurbished, vintage house on W. Broadway. Features hardwood floors, fireplace, W/D, yard with garden, DSL, 2 mellow cats. \$375/mo + 1/2 utils. Room is upstairs, very private, quiet, and has it's own 1/2 bath. Avail Nov. 1. Call Bob (c) 968-9770 or email NiceEugeneHouse@earthlink.net

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

COZY cabin, 9 miles SW of Eugene. Shared acreage, kitchen, bath. Quiet with open light and view. \$315/mo, first, last and dep. 344-4766, 683-2745.

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

2-BDRM HOUSE on Jefferson, 1 room available. Yard, big kitchen, W/D, NS. \$367.50/mo incl. utils. Nate 434-0491, Fern 342-5504.

SE HOME. 2 quiet upstairs rooms in 1/2-ba. unit. Share kitchen, W/D. \$395/mo. Seeking mature, responsible adult. 434-1245.

FAIR TRADE Household. Room available 11/1 in clean, quiet, loosely vegetarian household. Centrally located. Organic garden space. Small dog negotiable. Off premise smoking only. \$330/mo. + deposit, includes all utilities and supplies. Call eves. or week-ends, 242-3318.

BUT I still haven't found what I am looking for. Room for rent. S. hills, share with SM, 1 cat, pets negotiable, 1/2 utilities. Quiet neighborhood. NS, mature, open-minded, SM preferred. \$325/mo. Do we fit? 343-2805.

TWO LARGE rooms, entire top floor of house. Very private and quiet. Half ba, great light and windows, walk-in closet. Close in River Rd. No pets or tobacco. \$475/mo or \$295 for one room. 607-3454.

SHARE BEAUTIFUL home. S Hills. Provides peace and quiet of the woods. 2-bdrms avail. W/D, 3-ba, decks, vaulted ceilings. Rooms: elementary school teacher, engineering student, enviro-friendly, active, NS, NP. \$350/mo. 687-8412.

FUN PEOPLE. Nice room and neighborhood. 1 block from Amazon creek. Call, 684-7748.

COOL FOLKS in Santa Clara seeking roommate for house with big yard, fruit trees, organic garden. Hot tub, DSL, NS, pets negotiable. \$250/mo + 1/4 utilities. 688-9404.

SEEKING EMPLOYED M or F, 30+, responsible, mature. Renting 2 rooms to one person in great SE Hills 4-bdrm home. \$350/mo + 1/3 utils and dep. Beautiful house, garage parking avail, woodstove, breathtaking yard with big trees and unique garden. Two separate decks, one with fireplace. Loving Gldn Retriever and black lab in house. Really worth seeing! W/D, DW, NS, NP. 484-5889.

BIG, FRIENDLY house near UO. Shared dinners. One room open. \$325/mo + utilities. 484-1156.

I ROOM avail in 4-bdrm, SE Eugene home. Seeking quiet, mature, preferably female (for gender balance) in over 25 yo household. Vegetarian kitchen, garden. W/D included. \$290/mo + 1/4 utils, \$200 deposit. 686-1316.

FRIENDLY ST. graduate student preferred to share 3-bdrm house. W/D, garden, garage. NS, NP. \$250/mo, first, last, deposit + 1/3 utils. 342-8311.

Homes for Trade

EXPERIENCED GARDENER wanted/cabin avail. Work exchange for rent or pay partial rent. Vehicle for hauling nec. Planting, pruning, weeding, etc. 484-5194.



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 Musty Leonard Experience for \$950 OBO. 484-0519 x13 days or 683-3851 eves.

Cadillac

1990 EL DORADO Biarritz. White W. blue imitation conv. top. Looks and runs great. \$3,000. 683-9798.

Ford

1989 BRONCO 4x4. Must sell for school. Blue book \$4,850. Sell \$1,500 OBO. See at 791 E 15th (campus). Many new parts.

Jeep

1997 TEAL Wrangler. Wide tread tires. Runs great. 50k. Soft top. 2 windows need replacement. \$7,500. 686-1691.

Mercury

1991 MERCURY Sable wagon. 156k, damaged starter, rest in good cond. Best offer. 541-346-7579.

Plymouth



1987 VOYAGER van. Runs great, new tires, nice, must sell. \$1,500 OBO. Very clean. 461-2251.

Subaru

1991 LEGACY wagon. 170k, 5 speed, all wheel drive. Runs great but needs new rear brakes. \$2,000. 484-5502.

Toyota

1984 TOYOTA Camry. 4-door. Runs great. Very reliable. AC, defrost, CD player. Must sell. Moving to Hawaii. \$1,200 OBO. 747-7728.

1984 TERCEL. Runs good. \$650 OBO. 349-1802.

Volkswagen



1990 SYNCRO Adventurewagon Camper. 150k, needs owner looking for adventure. Rebuilt engine, tranny. \$11,000, OBO, 342-6886.


Volvo




1985 VOLVO 240. Auto, pwr locks, windows. Runs great. \$1,700 OBO. 717-7371.

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