

LIFE IN HELL

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

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Yoga

YOGA AND meditation for women. 8 wk class. Taught by experienced teacher and wellness expert, Shanti. Call 870-2774 or www.omshantiayurvedic.com

WEDNESDAY MORNING yoga and meditation class with Acharya Suman, yoga monk from Mongolia. 729-6662.

MEXICO YOGA retreat, 12/14 to 12/20 with Michele Bulgatz. On the coast near Puerto Vallarta. Check out www.encantomexico.com, \$425-\$650 + airfare. Call 541-484-3689 for details and reg.

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GENTLE	BENZ	FELT	
STNS	ELEE	FREY	
	REGIS		
SHEP	EMIL	TUSH	
TONI	HEALTH	SPAZ	
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PLAYS	HARD	TOGETZ	
UNE	EVER	MAMAS	
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